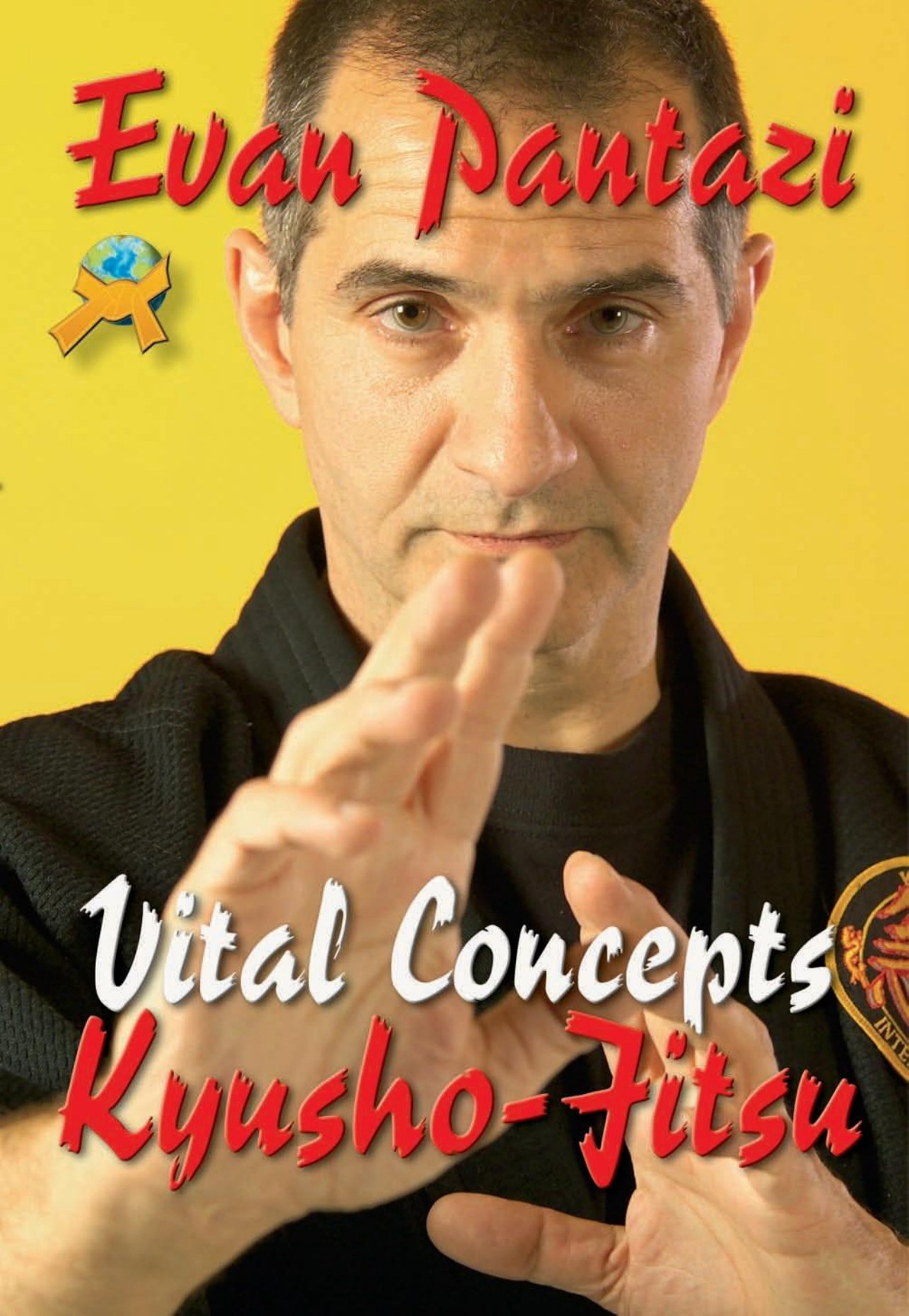
Evan Pantazi



Vital Concepts Kyusho-Jitsu

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Kyusho-Jitsu

The Vital Points

of the human body in Martial Arts

Advanced Level

Evan Pantazi

Shaolin

PROLOGUES

After the resounding success and the public's magnificent reception of the first book by Professor Evan Pantazzi, it is a pleasure for me to at last present his very much awaited second text. This book is the result of an entire year's work. We could say that it is a kind of "Complete second-level course" in which he once again analyzes many of the very varied aspects of this subject that were studied in the first book as well as some new ones that were left only hinted at, like electromagnetism and Ki, which will undoubtedly broaden the knowledge of students and followers.

The book includes some of the most interesting texts that Master Pantazzi has written, like the chapter dedicated to the application of Grappling from Kyusho Jitsu, or the one that focuses on healing through the use of vital points. At the same time, it includes an extensive group of technical series never before published in which students will find many suggestions from Professor Pantazzi for the practical application of the themes analyzed.

Despite its title—"Advanced Level"—this book can readily be read independently of whether one has or has not read his first book. The themes analyzed in each chapter are perfectly complete, but no doubt both books together will give a much wider and complete idea to the student of all the ins and outs that make up the many aspects that surround this subject, which should be a fixed and solid subject in the study of all Martial Arts.

As always, we must stress that whatever your style is, this book is within your reach. Kyusho Jitsu is not a Martial Art, rather a part that has been hidden for a long time from the knowledge that composes almost any Martial tradition but that has remained hidden a long time as part of an almost esoteric heritage that only a few have come to study. Nowadays, at last, this knowledge is open to everyone and to all the styles with the work of Master Pantazzi and his organization, Kyusho International, perfectly accessible on internet for the most interested, at *www.Kyusho.com.* I would just like to add that there is a large collection of classes on video and DVD format that those interested can acquire through *www.budointernational.com.*

Alfredo Tucci is the Managing Director of BUDO INTERNATIONAL PUBLISHING CO.

Kyusho and Law Enforcement is a shining example of how martial arts fit in the modern society. The state governed by law is depending on an effective and competent police force, a police force that will use only the means necessary to complete a task as safe a possible for all parties. When force meets force things break, and in human aggression, there are humans that break. The training of Kyusho helps the police to control a violent person in a way that will lower the risk of injury for both the officer and the suspect.

The knowledge of Kyusho results in a boosted self-esteem which in term

results in a more confident behavior from the police officer. These two factors are very important in police work when acting in a potential dangerous situation.

Since Kyusho usually doesn,t leave any marks or does damage, the physical part of the intervention will not be questioned afterwards. This also means that the suspect mostly felt it was alright.

My experience is that Kyusho works really well in police work. Every time I touch a possible suspect, I touch a pressure point. Always ready to activate it and start to control the suspect using it.

I am privileged to also teach Kyusho once a week to other police officers in Stockholm. Most officers are astonished that it can work so easy and the training sessions are much appreciated. They now use Kyusho in a natural way and have great success with it.

Master Evan Pantazi has taught me a lot of invaluable techniques during the years. His teachings are full of joy and are taught with perfect pedagogy. I think his contribution to law enforcement agencies around the world is absolutely outstanding.

Detective Inspector
Henrik Engelkes
Stockholm County
Narcotics division

Kyusho works! It may seem surprising to hear a head and neck surgeon, trained in the traditions and teachings of Western Medicine, to make such a bold endorsement. Moreover, this attestation does not come solely from being on the receiving end of a seemingly innocuous strike to the jaw that results in my lying flat on the floor ˆ a strike that in fact is actually a perfectly executed open palm to “Stomach 5” and an exhibition of the power that lies in the techniques and applications of Kyusho. Rather, my endorsement of Kyusho, as described, taught, and mastered by Shihan Pantazi, arises from the fact that these techniques and teachings work predictably, can be executed by practitioners of multiple styles of self defense, and can be explained anatomically and physiologically, whether viewed from the Western or Eastern Medicine standpoints. Additionally, Shihan Pantazi remains at the forefront of the study and the promotion of the concepts and principles of Kyusho, always seeking to further his own knowledge, and subsequently his students, knowledge, of the applications of this powerful martial art.

Practitioners of Western Medicine have a distinct advantage in our ability to conduct anatomic studies of the human body. Cadaver dissections performed in the first year of medical school give us the opportunity to observe and learn the locations of nerves, muscles, blood vessels, bones, and organs. We again see these structures when we engage in our surgical rotations. We learn predictable locations for these anatomic structures; in most cases, even when anatomic variations arise, these have been well-described and fall

into predictable patterns. Additionally, we have the ability to make physiologic measurements in our patients that help determine predictable responses to various stimuli, as well as various treatments.

Practitioners of Eastern Medicine deal with energy in the form of Chi which flows along described meridia as Yin and Yang energy. However, one cannot go to the anatomy lab and dissect a cadaver to see each meridian. Instead, these energies flow within a living subject and do not lend themselves to cadaver dissection. Similarly, there are not direct quantitative measurements of energy that can be performed which would be analogous to, for example, a blood pressure measurement, a potassium level, or an EKG. Subsequently, practitioners of Eastern Medicine work with defined points which have distinct, predictable affects on human physiology when these points are stimulated, triggered, or affected in various ways. Acupuncture/acupressure techniques have used these points for the purposes of healing for thousands of years. Kyusho shows us that these points may be effectively targeted for the purpose of self defense and applied to multiple disciplines within the martial arts.

One must note that Western Medicine and Eastern Medicine are not mutually exclusive. Both deal with the same subject and “paint on the same canvas”, the human body. One should not be dissuaded from the value and effectiveness of the principles of Kyusho because we cannot dissect out and point to Gallbladder 31 or Liver 9 on an anatomic specimen. Early practitioners of Western Medicine learned predictable patterns of physiologic behavior in response to certain treatments well before the anatomy, physiology, or pharmacology of the response was fully worked out. The slowing of the pulse from pressure on the carotid sinus in the neck was identified well before the anatomic reflex of Herring,s nerve (branch of Cranial nerve 9 glossopharyngeal) and a branch of the Vagus nerve to the heart (branch of Cranial nerve 10 Vagus nerve) was fully described. It is possible that ancient practitioners of Eastern Medicine identified certain responses to activation of a given point well before there was full understanding of a given meridian. The student of Kyusho learns over time the application and activation of the points via hits, rubs, and grasps to maximize the effect of his or her martial arts skills. Shihan Pantazi,s research, application, and subsequent teaching of the principles of Kyusho allow us to empower our martial arts practices with the knowledge of the pressure points, their locations and the physiologic ramifications of activating them, a knowledge that has been based on years of Eastern Medicine practice. Additionally, Shihan Pantazi has worked to bridge the gap between the Eastern Medicine and Western Medicine understandings of Kyusho by engaging in physiologic studies of the affects of activating the pressure points.

For the martial arts student who embraces the concepts of Eastern Medicine and pressure point concepts, Shihan Pantazi,s Kyusho teachings will show you an exciting and enlightening approach to the application of pressure points to whatever martial arts discipline you perform. You will learn applications that obviate the need for sheer strength, either allowing a “less is more” philosophy to certain strikes, or a Yin-Yang approach, with a soft strike to one point setting up a subsequent hard strike to a second point.

For the martial arts student who may be skeptical of the energy meridia as

taught in Eastern Medicine, I ask you to be open minded as you approach the study of Kyusho. Consider strikes you have performed to favorite targets, look at the points that are in those areas, and evaluate the responses that have occurred. Now compare those with the teachings of Shihan Pantazi as put forth in his applications of Kyusho. I will guarantee that either you will find your success with these targets can be explained based on the pressure point activated by your strike, or you will find that your success may be enhanced by applying a different strike or variation of that strike to the target you have chosen. In either case, you will find that the principles of Kyusho provide predictable, highly effective results.

We are unique as martial artists because we learn our craft by both striking and being struck. In learning Kyusho, we not only deliver strikes to the selected points, but we in turn will periodically be struck on these points while in class to learn their effects. Pressure points lie at areas where nerves cross, where a nerve bifurcates, or where a nerve comes up to the skin these points lie along each individual energy meridian according to Eastern Medicine. From a Western Medicine standpoint, these pressure points are nerve rich areas which when struck elicit a response either from direct nerve stimulation, with its associated reflexes, or from the bodies attempt to recoil from further potential injury to a vital area innervated by these nerves. As a result, an accurate strike to a pressure point is unmistakable and clearly different from the effect of sheer force when a strike is “off target.” As you proceed with the study and application of the principles of Kyusho, the difference between feeling the sheer force of an inaccurate though albeit hard strike (whether delivered by you or received by you from an opponent) and feeling the effect of an accurate strike on a pressure point (again, whether you are delivering the strike or receiving it) will rapidly become evident to you. Additionally, as time goes on you will be surprised to find that a less forceful strike can be exponentially more effective when a pressure point is accurately targeted.

I encourage you to learn the points, the methods of striking them, and the results of such strkes as Shihan Pantazi describes them, just as a surgeon learns the anatomy and physiology of the human body. Shihan Pantazi,s approach to Kyusho is a refreshing one because he is a perpetual student of the martial arts. This approach is infectious and can be found among all of his students. It is not unusual for him to come up to us during class and to inform us that he has been experimenting with some new way of striking a point. We will then proceed with trying different variations of the strike, and he will note the effects with respect to these variations, the body types and energy types on which the strikes were used, the direction and force of the strikes, and potential applications. He is always a participant as well as our teacher, and his enthusiasm for Kyusho and for the martial arts in general is truly exemplary. No matter what form of martial arts you practice, I am sure you will find Shihan Pantazi,s principles and applications of Kyusho to be a tremendous addition to your martial arts armamentarium.

Arthur M. Lauretano, M.D., F.A.C.S.
Instructor in Otology and Laryngology
“Harvard Medical SchoolInstructor in Otolaryngology”

Tufts University School of Medicine

I am a retired Lieutenant from the NYPD and have spent over 20 years in the streets of New York City. The information and training I received from Evan Pantazi and the Kyusho International Instructors has been invaluable. Fifteen of those years were spent in undercover assignments and the Narcotics Division of the NYPD. Our teams were assigned to the worst sections of New York City to combat crime and drugs. During this tenure my teams and I effected over 5,000 arrests. I can truly say that learning pressure points saved my life and the lives of my fellow officers. I cannot understand why this information is not being taught to every police officer and police academy recruit in the country. This information would reduce line of duty injuries to police officers and also reduce injuries and excessive force complaints from civilians. The techniques are simple to apply with great results. All professional martial artists should study Kyusho Jitsu as well as all law enforcement, corrections, military and security personnel. The streets are dangerous. I cannot emphasis enough that you must have the most up to date training material available to protect yourself and the lives of others.

Gary Gione, Retired NYPD Lieutenant
President Elite Defensive Tactics

Leading this group is Evan Pantazi, with the direction of understanding not only the effective use of Kyusho as a martial art but also as a healing art. Although respect is given to the concepts of Traditional Chinese Medicine (TCM), Pantazi has sought to encourage his organization to bring in the latest understanding of the Western Scientific Method (WSM). Modern neurology, physiology, and biomechanics has helped to add a special component to the understanding of Kyusho.

Where will Kyusho go in the 21st century? A great deal of Master Pantizi,s time and personal resources have been dedicated to answering that question. He has helped set up a multi-year medical study of Kyusho that is now in its second year in conjunction with compiling the most comprehensive sources for Kyusho information available in a modern way utilizing Master Pantazi,s education background.

This book is Master Pantazi,s latest effort to further people,s understanding of Kyusho. I encourage you to read it and re-read it to search out the riches that Kyusho has to offer.

Dr. David Ellis, D.C

Chapter 1

MEDICAL STUDIES PART 1

Over the years we have been asked what Kyusho does to the human body and especially the brain. This is a major concern of many who would like to pursue the art but have reservations for those reasons. We have been researching this side for two decades where we have learned much, yet still not enough. For this reason we are embarking on a major Medical Research project, not only to increase our understanding of what is taking place, but also for improvement and tangent ramifications. By learning how and why Kyusho effects the human body enough to effect the nerves, muscles and organs or even alter conscious levels of an individual, we can also get further information on health issues, longevity or increased performance and efficiency. Aside from the implications with Kyusho think of what increased understanding of human function or performance could do in modern Medical procedure or even in athletic endeavors such as the Professional Sports world.

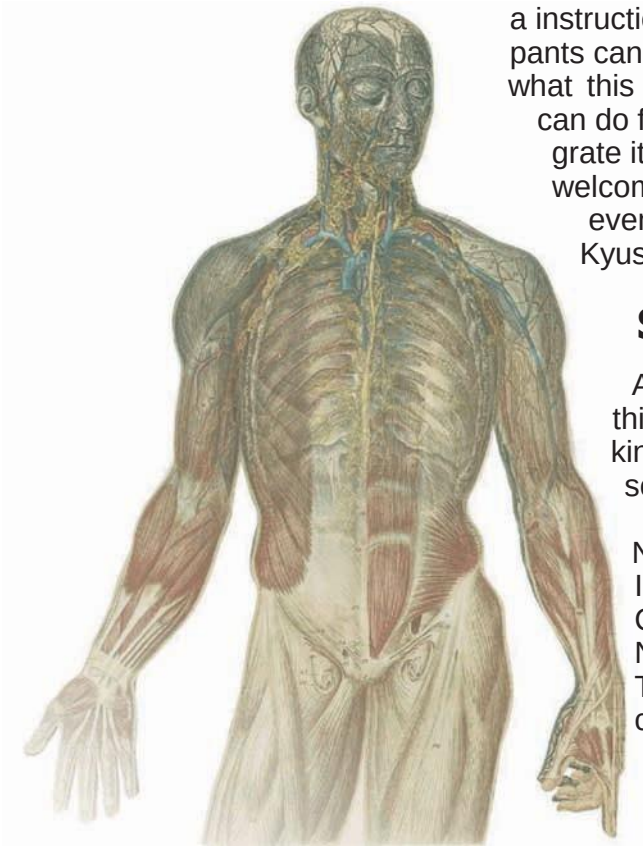
Prior research, although inconclusive, has established that Kyusho and the effects were not only worthy of study, but also inexplicable in Medical terms. This in itself was enough to raise further interest and investigation into this unchartered area of human physiology. It has been a long time since the first study and much has been learned by the practioners rather than the Medical community until now. Dr. Sergio Espejo (a Kyusho International representative), of Juarez, Mexico has embarked on setting this major study into motion. With painstaking detail Dr. Espejo and his preliminary team have mapped out a plan to investigate Kyusho thoroughly and safely. This preliminary team consists of: Dr. Genaro Tamayo, General Surgeon.....Research field: (Clinical Epidemiologist), Dr. Alejandro Ibarra (Psychiatrist), Arnulfo Ramos (Physiology and metabolism of the exercise) and José González (Acupuncturist). By bringing together many high level professionals from a diverse set of disciplines, many more qualifying, quantifying and research avenues may be established.

The study is set up in several steps, which will be systematically established, conducted and investigated for other possibilities. The team of Medical, Psychological and Physiological professionals brought together for this project will investigate it from several areas of concern in regards to the safety and health of the subjects. The second part of the study will take place in the Medicine School of the Biomedical Sciences Institute of the Autonomous University of Juarez City (Escuela de Medicina del Instituto de Ciencias Biomédicas de la Universidad Autónoma de Ciudad Juárez). Along with the preliminary studies to set criteria, methods and parameters for safe testing and uni-

form measurements will follow a rigorous an detailed study Kyusho's Physiological effects on the human body.

The actual series of preliminary studies have begun and yielded interesting results already, lead to the first step in the Medical Study itself to begin in March 2005. Another astounding part of this research is that portions will be open to the public, as will the results. Where the prior studies were all conducted behind closed doors this information will be available to all. Our thanks to Budo International as they have agreed to publish these studies and the findings with periodic updates for it's readers. The reason why it will be included in a Martial Arts Magazine is simple… an understanding of the self with it's strengths and weaknesses is the very bedrock of all Martial Arts. It is also the first time in that Martial Artists will learn the Art in a scientific session the way a medical student learns anatomy. March 2005

Along with the Medical Study there will be further investigation into the nerves, location of the points on these nerves with actually cadaver study, live demonstration, application and training. The attendees will learn how the nervous system controls the entire body, how they can control the nervous system and be a part of this landmark session. Simultaneously run with a instructional training session, all participants can understand from several levels what this mysterious Art within their Art can do for them, as well as how to integrate it into their arsenal. Everyone is welcome to be a part of this special event in the historical evolution of Kyusho and Martial Arts as a whole.



Separate Studies

Although we are embarking on this Medical study we are still looking at other areas and ways to scientifically measure what occurs to the human body. November 5th - 7th, 2004 at the International Kyusho Convention where Doctors, Nurses, Emergency Medical Technicians and Physiologists came together with several of

the worlds leading Kyusho experts and practioners from 6 Countries. During this convention several Kyusho Knockouts were performed while both the Practioner and Recipient's brain waves were simultaneously measured and recorded, with startling results. This type of study was first conducted 3 years ago with great result, yet limited as measurement devices were still in their infancy. Today verification of prior data and new discoveries were instituted via updated technology and understanding from the preliminary project. Although analysis of the data is still underway some interesting findings can still be shared with our readers.

Sensors were first connected to both the initiator (person performing the transfer of energy via Kyusho application) and the recipient (person receiving the energy transfer via Kyusho application). Brain wave activity in both parties were high due to the surroundings, large number of gathered people and anticipation of what was to take place. Given time to relax and calm their minds so as to be reflected in the measurement devices the initiator was instructed to perform the technique spontaneously when ready. Each person had a unique transfer of energy from a Kyusho application, each responding in differing levels of unconsciousness. Although the method of application was different, in each test the brain waves of the initiator were replicated in the receiver as the Knockout was performed and even for a brief period after in the altered conscious level of the recipient.

Kyusho International is committed to understanding, instructing and certifying people in this incredible Art. Seeking the truth and escaping the theory and myths that are perpetuated to this day, is the foundation of this endeavor. Working with highly skilled Martial Artists from style and Scientists of several disciplines, in conjunction with the leading Kyusho experts in the world today we will accomplish this goal… and let you know!

Kyusho International is conducting separate studies in conjunction with Medical Doctors and other Scientific Professionals in several Countries. This will allow for a more diverse and accurate study as all cultures, time zones and geographical locations will be included.

MEDICAL STUDIES (2ND PART)

As promised, this March 25 through the 27th, 2005 we launched the first in a 5 part series of Medical Research projects designed to determine what physiological (or Psychological) effects Kyusho had on the human body. (Primarily 5 are slated but as far as any investigation or research project unfolds, more research and possibilities also unfold).

This preliminary team consisted of: Dr. Sergio Espejo (Micro Surgeon and Kyusho instructor), Dr. Genaro Tamayo (General Surgeon & Clinical Epidemiologist), Dr. Alejandro Ibarra (Psychiatrist), Arnulfo Ramos (Physiology and metabolism of the exercise) and José González (Acupuncturist). Special thanks also for the open support to; Dr. Gabino Sierra, (Chief Instructor and Coordinator of the anatomy and dissection classes at the Medical University. Dr. Rafael Cataño (Director of the Medicine School), Dr. Hugo Staines (Director of the Biomedical Sciences Institute), Dr. Felipe Fornelli (Rector of the University). By bringing together many high level professionals from a diverse set of disciplines, many more qualifying, quantifying and research avenues may be established. In conjunction with 2 well-known Kyusho experts, Jim Corn and Evan Pantazi of Kyusho International, the study was destined to turn out many interesting findings. Even a Bioengineer that is heading up research into killing amoeba with vibrations was present… not your typical Martial Arts venue by any means!

The study was held in part at the Medicine School of the Biomedical Sciences Institute of the Autonomous University of Juárez City (Escuela de Medicina del Instituto de Ciencias Biomédicas de la Universidad Autónoma de Ciudad Juárez). Again our thanks to Budo International as they have agreed to publish these studies and the findings with periodic updates for it's readers. Many new insights were seen by all the Doctors and Attendees alike, giving scientific proof and validation to Kyusho Methods and practices. The seminar itself was broken down into 3 major parts; Martial Applications, Educational Aspects and Research.

Martial Application

First was a seminar where all attendees' work diligently with Kyusho nerve attacks to the arms especially, but included other targeting as well. For the Arms alone each of the attendees were shown about 20 Kyusho Targets, where time was dedicated to single point application. This was to instruct the individual as to the location of the point and how to use it to stimulate the nervous system and facilitate certain body dysfunction. They were then instructed how to access them in motion and under

simulated and constant attack. The levels of speed, spontaneity and stress were then introduced to increase skill; confidence and practicality of the learned methods until a high degree of familiarity and potential were absorbed. No one left that session doubting that this was the most efficient and devastating method, nor did they leave with any doubts to it's effectiveness or their confidence in their new skill!

Anatomical Study

Next was the anatomical study of the internal Arm structures with as well as the neurological connections into the central nervous system and brain. Beginning with a lecture and anatomy session just prior to actual observation, where all attendees were brought to the Medical School and Biomedical Sciences Institute of Juárez, Chihuahua, México, of the actual arm and neck dissection. Seeing first hand on a real Cadaver, the internal structures (the anatomical location of the nerves and the surrounding muscle, tendon and bone structures), gave each individual real understanding to these internal aspects that far exceeded typical study of pictures or illustrations. Seeing how the nerves lay inside the arm and how the methods of Kyusho actually taught the most efficient way to attack these structures was an incredible education. In addition seeing the dynamics when the arm was twisted or moved and the changes of position on these internal structures yielded even more insight into accessibility of the Kyusho Targets. Now add the knowledge of the connections into the central nervous system and how it could indeed influence internal organs and body functions, and possibilities expand even more!

Research

The final segment was back to the practical application in Martial practices with continued study of additional anatomical phenomenon such as the Vago Vasal Reflex. Dr. Alejandro Ibarra had brought in scientific measurement instrumentation and gave a short but detailed lecture, which included experimentation, measurement and how some of our Kyusho targets and methods initiated this reaction. In this process free reign was given for additional research into energy fields in the body (with discussions on electromagnetic fields generated anatomically and nerve impulse/vibration), Sound as applied to Kyusho methods and the No Touch phenomenon. Discussion on not only neurological aspects, but with circulation, respiration sympathetic and parasympathetic alteration made this truly a landmark event.

This will fuel not only additional studies and support from additional Medical, Scientific and Governmental bodies

Dr Sergio Espejo the Project coordinator and Chief Medical Liaison, will be publishing the committees findings in the near future and we will also have them published for the readers understanding. No videos or photographs were taken as to protect the privacy of the Cadaver; it is not something that will be marketed for consumption, but rather open to all for personal education. It is open to anyone with interest and especially for those that instruct this art it is paramount to a well rounded understanding.

Conclusions

Validation from the very onset was initiated when Dr Sergio Espejo explained a bit more internal aspects of our lung and heart revival methods. The Lung revival on the Kyusho International video #1 specifies striking the LI-10 point of the forearm to restart a persons breathing, or even calm such occurrences as hiccups and some cases of coughing. This being that the nerve on which LI-10 lies connects at the spine at the Cervical 4, 5 & 6, also connecting at the Cervical 5 is the Phrenic nerve which innervates the diaphragm. Simply stated this means that our striking the LI-10 on the forearm indirectly stimulates the function of the diaphragm and illustrates why we can revive the lungs via this point on the arm. Another validation for the heart revival was that the point on the back we use, facilitates an intercostal nerve and enters the spine at the Thoracic 5 dermatome. This is also where nerve impulses are transmitted to the Pericardium (sack around heart), given a greater understanding of this vital method as well.

Some interesting notes is that all Doctors and scientific personnel in attendance concluded that Kyusho has real physiological effect on the human body, through observation, measurement and even experience when they felt and verified certain results. As a side note, we even had demonstrations of two types of energy projection

or what is commonly called the No Touch KO. This resulted in real physiological affect, not psychological as some have alluded to in the past and as verified by Licensed and renowned Doctors. We have known all along this was a real entity and the value of Kyusho, what is new and exciting is the basis of provable dynamics through modern science!

This will dramatically change future of the Martial Arts, as two main factions will diverge, that of sport and that of reality based practice. So far in the last century we saw a convergence due to a lack of true teaching and understanding of the traditional arts. But as this fundamental aspect is reinstated back into the way the Martial Arts are thought of and taught. All arts will be absorbing and infusing Kyusho back into their arts as the Medical Community verifies and validates the methods of Kyusho. It will be (as it has already started), in every Style and Art, from Tai Chi to Grappling Arts, to even the way Law Enforcement programs are set up. This is as stated before a new chapter in Martial Arts for the 21st century, without the Medical Investigation it would not be as widely accepted, nor as recognized, this was the most important first step.

The openness of the Mexican Medical Community as well as the Government of Juárez, Chihuahua, México has opened this new door of possibility and future endeavor. We as Martial Artists will be indebted as it brings the true methodology of the Ancient Arts (as well as the legends), into the light and into the hands of anyone interested in it. Prior to this the real meaning and information of the human potential the true method was only kept in secrecy for a select few, leading to the Martial/Sport convergence. This is no longer the case.

Next April we will be not only continuing this project but initiating deeper research and investigation into the head and neck regions of the body. You are not only able to be a part of this historical study, but you are encouraged to participate… reading about it is one thing, but “experiencing” it is quite another. This year we had people from just a couple of countries involved, next year we already know of delegates from 4 additional countries that will attend. This includes Doctors and other Medical personnel in conjunction with many Martial Arts Instructors and practioners, as they realize the true worth and important ramifications on all aspect of the Medical field as well! Case in point is the revival method for heart attack that is a foundation of Kyusho. We have had scores of our members and students utilize this method to save lives, if the Medical Community can test and verify if this is a quicker, safer and more reliable way than the current CPR practices, this would have Global impact. The link has already been observed, now with continued study this could prove to be a major advancement in this field.

Something else to consider…. In so many Tournaments, Professional and Amateur Boxing matches as well as the newly adopted UFC, K-1 & Pride type fights, when a contestant is knocked unconscious there is a quicker and more reliable way to help them, however with the laws as they are, it would not be in accordance with legal parameters. This coming year we will be investigating the head and neck more in depth. In particular the Kyusho Revival method, will be a focal point of this continued study. If proof it is found by the Medical Community involved, this will have widespread ramifications on the treatment of these fallen warriors. With a faster revival and recovery time, safety will be dramatically increased as well as deeper understanding of the causes and effects.

People will even watch these and even the older matches again and see how Kyusho is actually and inadvertently used. This is changing now as you actually see these contestants hunting Kyusho Targets and you can see the cause and effects… now we just need the remedy! As a more specific example in one of the earlier UFC fights Tank Abbot caught his opponent with a hook to the back of the Jaw. This is known as the TW-17 target or point…. And the opponent was rendered completely unconscious. The body reacted exactly as has been explained in this column several times and we as trained Kyusho Practioners recognized it immediately. The ringside Medics were not able to bring the man about with smelling salts and you could see the anxiety that was ensuing as they tried desperately to revive this man. A properly trained individual could have quickly revived this man saving precious time with his unconscious state.

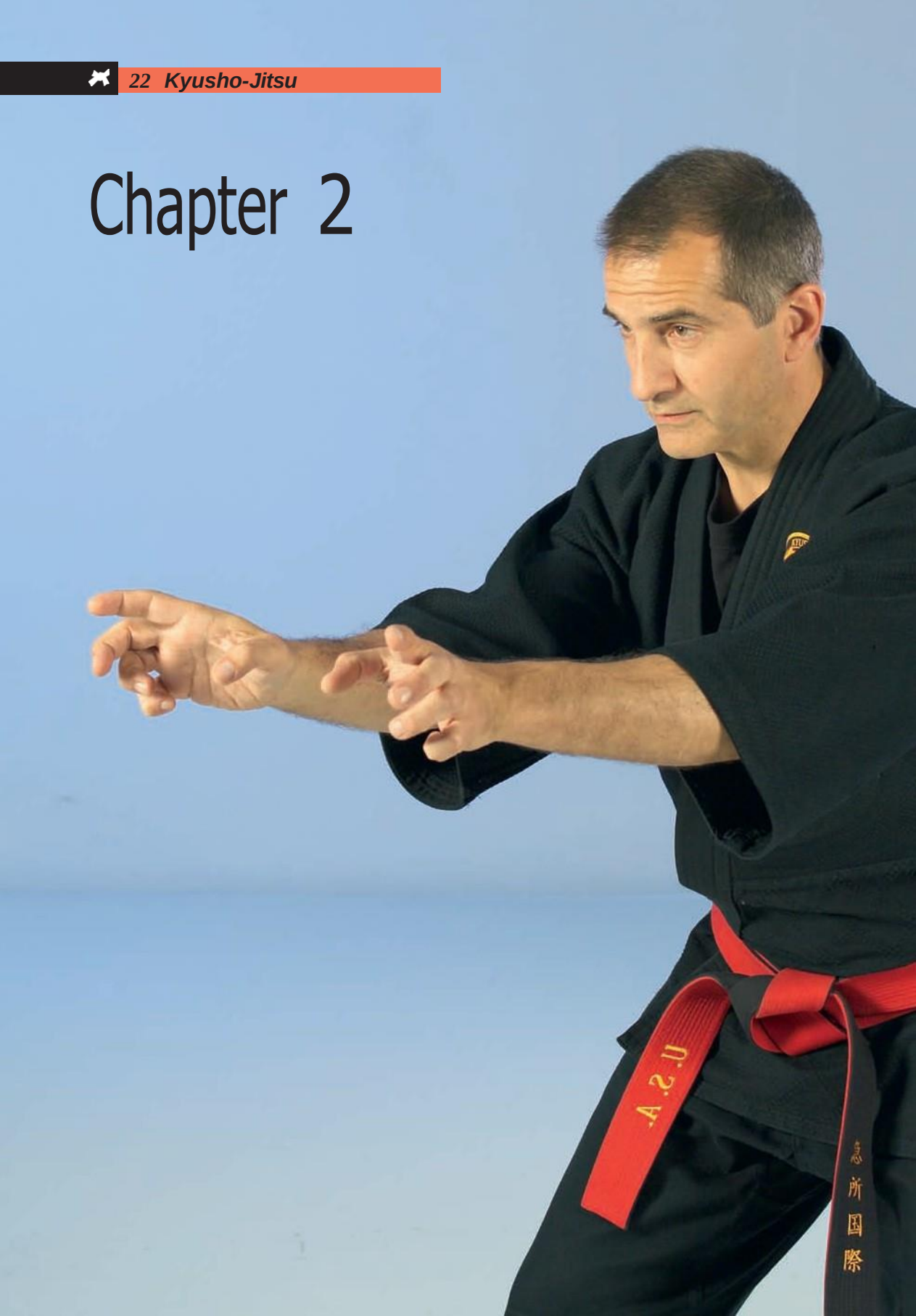
How important is this Medical Study? Anytime we have advancement in Medical Knowledge, it is paramount. If only one extra life can be saved from a heart attack, one extra person can be revived from unconsciousness it was worth it! But think of the open possibilities that will stem form these findings….

Kyusho International is conducting separate studies in conjunction with Medical Doctors and other Scientific Professionals in several Countries. This will allow for a more diverse and accurate study as all cultures, time zones and geographical locations will be included. For updates on the session an how to be a part of it, you can research it on the Internet at: http://www.kyusho.com/medstudy

"Kyusho International is conducting separate studies in conjunction with Medical Doctors and other Scientific Professionals in several Countries. This will allow for a more diverse and accurate study as all cultures, time zones and geographical locations will be included."

KYUSHO
INTERNATIONAL

Chapter 2



Instructional Series nº 8

On the body there are a great number of viable targets to nerve structures that will cause a loss of body control, reflexive actions and other disruptive affects for the body's normal functions. Typically when attacking the body the results were based on mass, strength and condition, but when attacking the nerves these limitations are no longer as concerning. As all nerves lay between muscle, tendons, ligaments and bone structure there are many accessible areas where we can attack the neurological structure (responsible for all body function and control), rather than the supportive structures surrounding them.

Using these charts and the designations given (again using standardised Acupuncture terminology), we will address the proper angle, direction and method best suited to getting between these supportive structures. This will insure that we are attacking the internal aspects of the body where even the largest and strongest individuals have no innate protection. As stated many times, these are by not the only points available on the body, but for combative or defensive measure they are the most accessible, practical and effective.

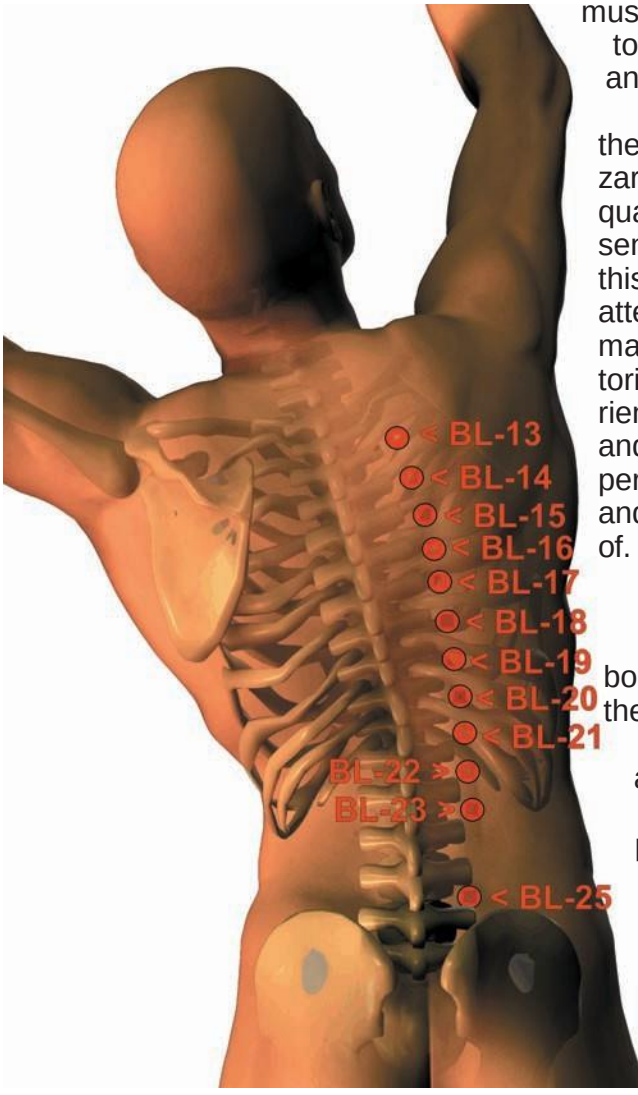
Advanced Body Point

There are many points on the human body that have been explored in previous articles and many realized their incredible potential for damage or dysfunction of the human body. But there are others that have not yet been discussed, as they are far more disruptive to the human body. They are more directly corresponding to the internal organs and bodily functions. And as many of these points lay on the back and are considered advanced for two main reasons. First as mentioned their dangerous potential to internal organs and body functions… but the second reason is that for one to be able to access them in real struggle, you must be advanced in your Martial Skills.

Some of these points have been mentioned briefly, or in other context within the Kyusho Practioners methods, mainly the Healing Methods that will be discussed in greater detail in following articles. These points on the back are commonly referred to in Acupuncture terms as the Shu Points. The reasons why they are more dangerous or damaging is due first to the proximity to the spine and that they directly affect the Central Nervous System rather than peripheral nerves. There are 12 that we use in targeting with each having their own angle and direc-

tion. However they all will make the body first splay open when attacked prior to the specific dysfunction can occur.

In the following descriptions the Acupuncture numbering system, it's Chinese name and its anatomical location will be preceding the method of attack and the ramifications to the recipient. Bear in mind these points all lay in between each rib in the intercostal space, where a Nerve, a Vein and an Artery all lay together. All of these points may cause pain and discomfort if pressed, but the true method for all should be a strike to with a single knuckle (several options on the hand), for the desired affects to be possible. Persons with larger back muscles must be hit with more force to penetrate through the heavier and denser muscle mass.



It must also be mentioned that these should not be tried haphazardly and a knowledgeable and qualified instructor should be present. It is also not the scope of this article to instruct you to attempt or use these points in any manner but rather to note for historical record what has been experienced and what may occur. Any and all of these points can cause permanent damage to the spine and inherent manifestations thereof.

BL-13 (Bladder • 13) • Feishu
Back-Shu of the Lung

1.5 cun* lateral to the lower border of the spinous process of the third thoracic vertebra (T3).

This point must be struck down and in at a 45 degree angle toward the lung itself with a penetrating weapon and motion. This will cause the body arch forward; arms to first extend then fold in toward the front of the attacked side. This will be followed instantly with a paralysis of the

diaphragm and portions of the lung to restrict or impede normal breathing. When struck with sufficient force, the recipient will feel as if suffocating.

BL14 (Bladder • 14) • Jueyinshu

Back-Shu of the Pericardium

1.5 cun* lateral to the lower border of the spinous process of the fourth thoracic vertebra (T4).

This point must be struck in at a 45 degree angle straight toward the spine and in toward the heart, causing a constricted feeling in the chest, pain numbing of the limbs and possible arrhythmia of the heart. When struck with sufficient force, the recipient will feel as if having a heart attack. The Pericardium is a protective casing around the heart itself.

BL15 (Bladder • 15) • Xinshu

Back-Shu of the Heart

1.5 cun* lateral to the lower border of the spinous process of the fifth thoracic vertebra (T5).

This is the point utilized by the Kyusho Practioner as a healing method to restart the heart if stopped. The point must be struck in at a 45 degree angle up and in toward the spine and heart, causing a constricted feeling in the chest, pain numbing of the limbs and possible arrhythmia of the heart. When struck with sufficient force, the recipient will feel as if having a heart attack.

BL16 (Bladder • 16) • Dushu

Governing Shu

1.5 cun* lateral to the lower border of the spinous process of the sixth thoracic vertebra (T6).

This point should be struck straight toward the spine with a penetrating (rather than grazing) attack. This will immediately dysfunction the entire body, cause intense pain followed by numbing of various body parts.

BL17 (Bladder • 17) • Geshu

Diaphragm Shu

1.5 cun* lateral to the lower border of the spinous process of the seventh thoracic vertebra (T7).

This is a point that can also be utilized by the Kyusho Practioner as a healing method to restart the breathing if stopped. The point must be struck in at a 45 degree angle up and in toward the spine and diaphragm, causing a paralysis of the diaphragm to restrict or impede normal breathing. When struck with sufficient force, the recipient will feel as if suffocating.

BL18 (Bladder • 18) • Gan Shu

Back-Shu point of the Liver.

1.5 cun lateral to the lower border of the spinous process of the ninth thoracic vertebra (T9).

This point must be struck in at a 45-degree angle straight toward the spine and in toward the liver, causing severe pain, nausea, internal bruising or damage the organ itself.

BL19 (Bladder • 19) • Danshu

Back-Shu of the Gall Bladder

1.5 cun* lateral to the lower border of the spinous process of the tenth thoracic vertebra (T10).

This point must be struck in at a 45 degree angle down and in toward the spine and kidney, causing severe pain, physical dysfunction and control of legs.

BL20 (Bladder • 20) • Pishu

Back-Shu of the Spleen

1.5 cun lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11).

This point must be struck in at a 45 degree angle straight toward the spine and up toward the Spleen or Liver (from opposite sides), causing severe pain, nausea, and physical dysfunction.

BL21 (Bladder • 21) • Weishu

Back-Shu of the Stomach

1.5 cun* lateral to the lower border of the spinous process of the twelfth thoracic vertebra (T12).

This point must be struck in at a 45 degree angle straight toward the spine and up toward the stomach causing severe pain, nausea, and physical dysfunction.

BL22 (Bladder • 22) • Sanjiaoshu

Back-Shu of the Sanjiao

1.5 cun* lateral to the lower border of the spinous process of the first lumbar vertebra (L1).

This point must be struck in at a 45 degree angle down and in toward the spine abdomen causing severe pain, complete physical dysfunction, internal bleeding with possible kidney damage.

Caution Avoid the Kidneys

BL23 (Bladder • 23) • Shenshu

Back Shu point of the Kidneys.

1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra (L2).

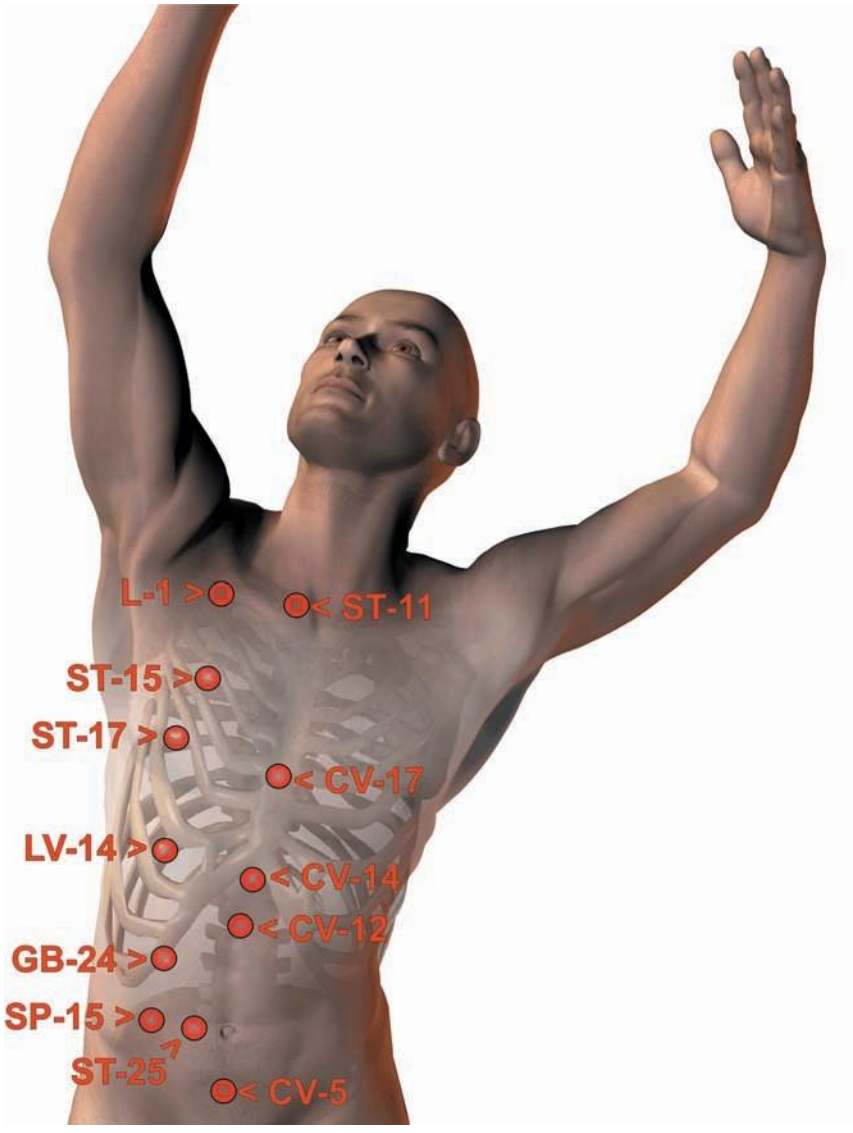
Strike this point down and in toward the spine and bladder, causing the legs to dysfunction, severe pain and loss of control of the bladder retention.

Caution Avoid the Kidneys.

BL25 (Bladder • 25) • Dachangshu
Back-Shu of the Large Intestine
1.5 cun* lateral to the lower border of the spinous process of the fourth lumbar vertebra (L4).

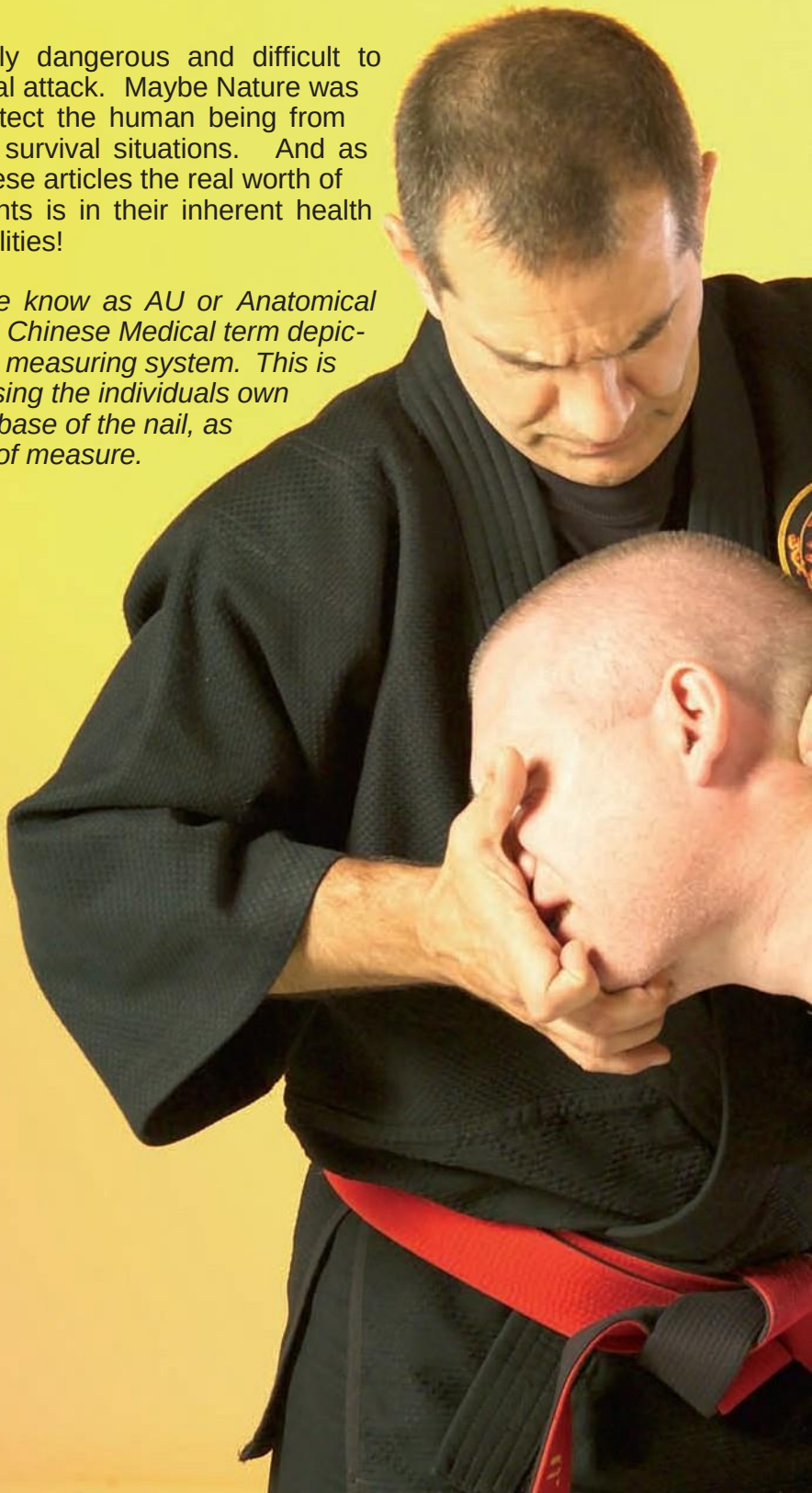
Strike this point down and in toward rectum, causing the legs to dysfunction, severe pain and loss of control of legs and bowel functions.

Again just a caution that experimenting with these is not encouraged and can cause more permanent problems with the recipient's health.



They are extremely dangerous and difficult to access in a personal attack. Maybe Nature was again trying to protect the human being from severe damage in survival situations. And as noted in most of these articles the real worth of studying these points is in their inherent health and healing possibilities!

** Cun (otherwise know as AU or Anatomical Unit) is a traditional Chinese Medical term depicting a body specific measuring system. This is accomplished by using the individuals own thumb width at the base of the nail, as an anatomical unit of measure.*



KYUSHO
INTERNATIONAL

Kyusho-Jitsu

Chapter 3

Sealing the breath

As mentioned in several prior articles, the study of Kyusho includes attacks to many structures of the body. Our primary concern has been with the nervous system for the immediacy of affect and the less damaging or permanent ramifications on the recipient. Methods such as attacking Blood Vessels, Muscle and Tendon as well as Skeletal targets are much more damaging to the individual. One other key process method that although not as benign as the nerve attacks, is much less outwardly noticeable than the others just mentioned, this is called sealing the breath or attacks on the respiratory system.

There are several ways to affect the breathing process of the body with a myriad of targets on the body that can achieve this. First let's look at what the process of breathing is and why it is a part of life maintenance as this will give us greater insights into dysfunctioning it as well. In order to survive humans need oxygen delivered to their cells where it is utilized for essential processes. Some cells can go without oxygen for a short time, however other organs such as the brain are made up of cells that can only make the energy necessary for survival in the presence a continual supply of oxygen (known as aerobic metabolism). Many tissues of the body differ in their ability to withstand anoxia (lack of oxygen). The brain and the heart are the most sensitive. Initially a lack of oxygen affects organ function but over a relatively small period of time, irreversible damage is done (within minutes for the brain) and revival is impossible.

One of the major effects that occur when you induce a restriction or lack of oxygen is the impairment of the individual's judgment. You may not realize it, but this lack of oxygen on the also impairs your ability to think clearly and rationally, or even function physically. Another thing to consider is that the body will instinctively go into a survival mode as it tries to escape. As the urgency increases so too does the effort using more oxygen in the muscles and blood, causing a faster draining.

Some other aspects that can restrict breath physically would be extra weight or pressure inside the abdomen. This is an explanation of why heavier people run out of breath easily, along with the extra drain on the blood oxygen level used in the muscles for moving the extra weight. Knowing how the function takes place and what affects its normal stasis is also an education in how to dysfunction or restrict it. But we must also look to the anatomy for these possibilities.

Looking at the organs we see that the lower portion of the lungs rest on top the diaphragm, a muscle which is attached to the lower ribs, sternum and some of the vertebrae. When inhaling and exhaling, the muscle

**** These are the points that lay within what is named the upper warmer.***

contracts and expands allowing the expansion and contraction of lungs to fill with air and expel it after use. This is a very simplified description of the process as there are more structures and mechanics at work. Structures such as the intercostal muscles in the chest and others in the abdomen, are also involved the process, these will all come into play as we employ the breath sealing methods. (Any of these attacks used on someone fatigued or breathing hard from overexertion will cause more instantaneous and disabling effects).

Now all muscles are contracted and relaxed through systematic electrical stimulation, which occurs from the impulses in the Brain, Central Nervous System as well as the peripheral nerves. Thereby attacking the nerves via the pressure points of the body, we can easily disrupt these contractions and expansions necessary in the breathing process. With this understanding and knowledge, we are now armed and ready to explore how to attack the body and affect this life sustaining function.

Looking first at the front top half of the body for ease of access, we have several options to tap into the nerve system. The targets or points called L-1, ST-15, ST-17, SP-20 and GB-22 (nomenclature in acupuncture terms), will cause the spasmodic contraction of the Bronchi or air tubes going into the lungs. This makes it difficult for air to flow into or even out of the lungs, leading to impaired motion and in some cases even the though processes are impaired as the body tries to regain this vital process. If timed with the breathing itself we can also get more dramatic results. Say for example the opponent has just exhaled and to refill the lungs for normal function, if we attack one or more of these specified targets we can severely restrict this ability. The individual will experience not only the sensation of suffocation, but also the fear, panic and ensuing rationality of cognitive thought. If they are attacked after the lungs have been filled, the air will be restricted from exiting causing quite a different reaction. When we breathe in our body takes in and absorbs oxygen, this is replaced with the toxic carbon dioxide for expulsion. If cannot be expelled it becomes a danger... Why is it dangerous, because the carbon dioxide displaces the oxygen, and since we need oxygen to live this acts is an asphyxiant causing headaches, drowsiness and loss of ability to maintain concentration, over longer periods even death.

* L-1 is two ribs down from the clavicle and below the indention of the shoulder and clavicle itself. This point should be struck down and in toward the center of the chest with a small penetrating weapon such as a knuckle.

* ST-15 lies directly over the nipple and halfway between the nipple and clavicle. This point again struck to pinch the nerve against the rib as

in the Lung #1 point just mentioned, will also spasm the bronchial tubes restricting the air into the lungs.

* ST-17 located under the nipple itself when punched directly in toward the lung will cause not only a spasming of the bronchial tubes, but also a constriction of all intercostal muscles. This will cause a contraction of the entire chest cavity putting additional pressure on the lungs themselves.

* GB-22 lays one rib up and lateral to the nipple on the side of the body. This point punched directly in toward the lung will cause a spasming of the bronchial tubes, and a constriction of the intercostal muscles on the same side. This will cause a contraction of the entire chest cavity putting additional pressure on the same side lung as well as not allowing the diaphragm to work fully.

Moving down the torso avails other targets on the nerves and consequently other physical structures involved in the breathing process. The best targets for this are SP-21, LV-14, CV-14, CV-12 K-21 and GB-24. However these targets will cause a different internal dysfunction, that being the abdominal region in general and the diaphragm in particular. We must also think in reverse terms as when the diaphragm is sent into spasm it will contract violently and pull in air to fill the lungs. If the spasm is severe enough then the muscle will have a level of paralysis making it difficult to exhale and consequently inhale a fresh supply of air. The opposite possibility exists as well where you can completely dysfunction the muscle and therefore will not be able to take in air. This forced the expansion of the diaphragm, emptying of the lungs as well as the paralysis of the muscle can stay in spasm and make breathing in air very hard, just as it feels when the wind is knocked out of you.

** SP-21 located on the side of the ribs half way between the pit of the arm and lower edge of the ribs in the intercostal space. This should be attacked straight in toward the lung, which will cause a sharp expansion of the diaphragm forcing the air from the lungs. It will also paralyze the diaphragm so it cannot contract to pull in more air. The severity of the attack will determine the level of paralysis and is made worse as the intercostal muscles will also constrict on the attacked side placing more pressure on the lung itself.

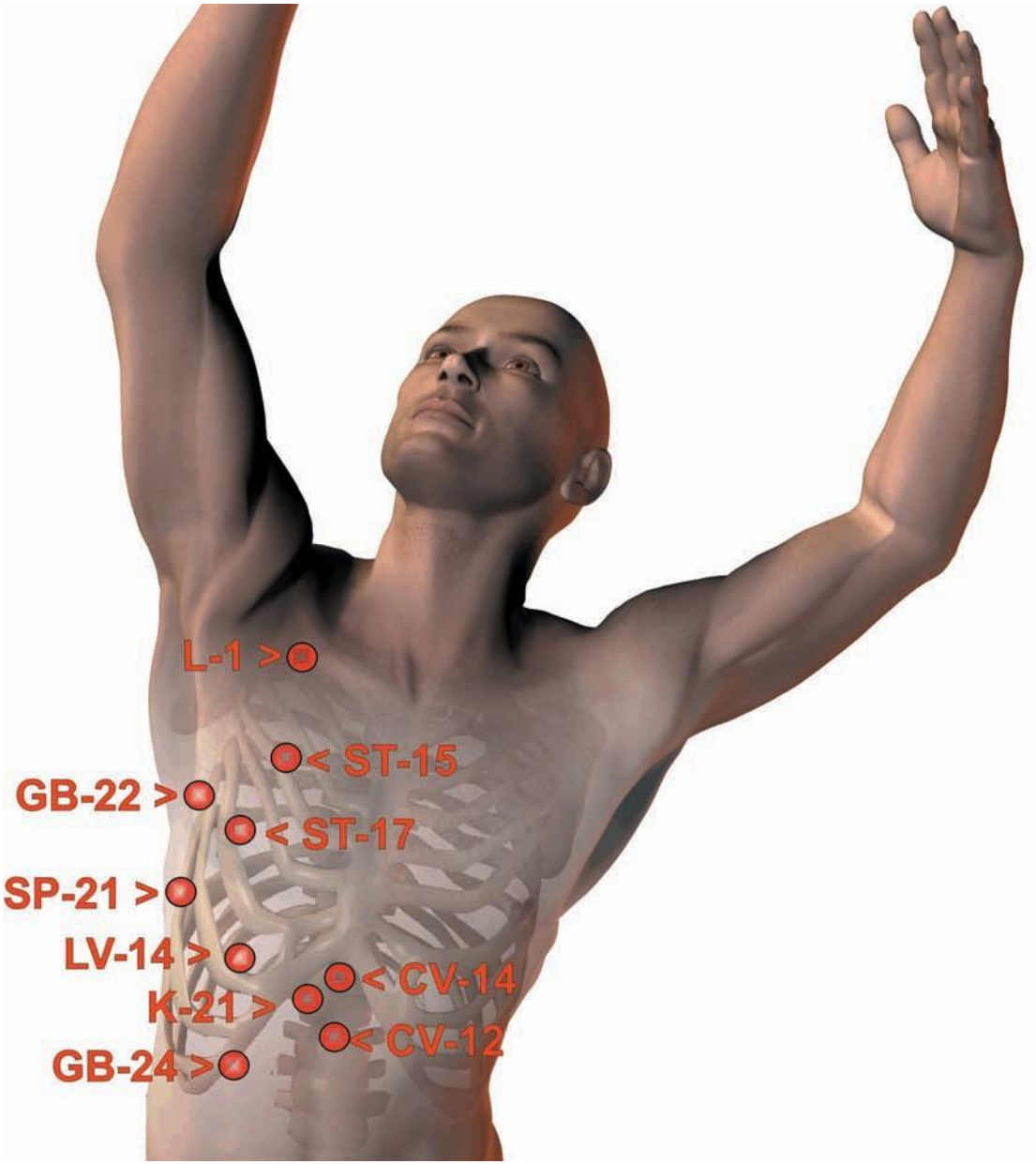
** K-21 has the same results as does the SP-21, only more effect on the intercostal muscles and connective tissues as well. This point has much more affect on the breathing process than the SP-21 due to its effect on more structures and the diaphragm itself. This point must be struck up and under the edge of the rib and toward the SP-21 for the most penetrating and paralyzing effect.

Now as a reverse method as the two just mentioned we have the tar-

**** These are the points that lay within what is named the middle warmer.***

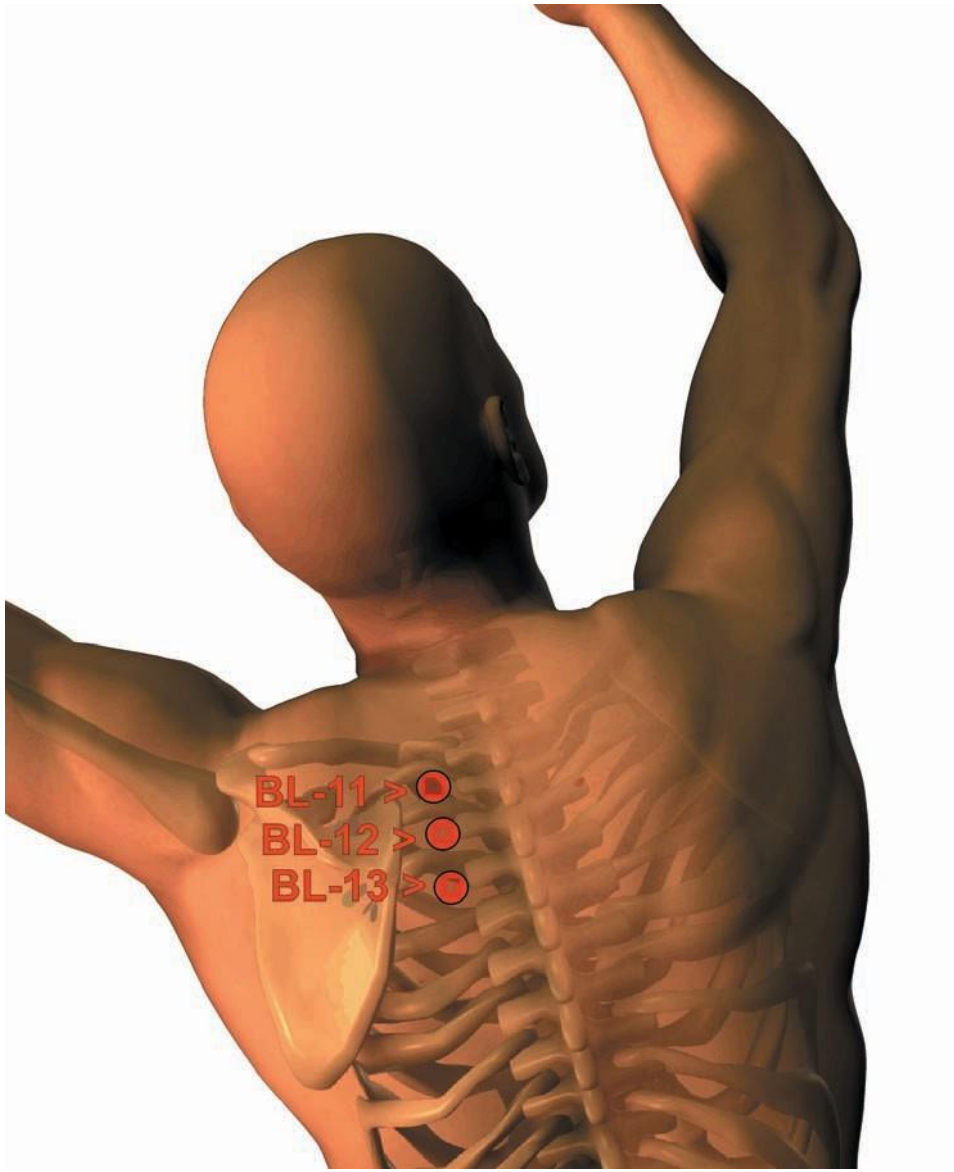
gets that do not send a shock of energy into the diaphragm, but rather force it into a contracted state so that exhaling is now impeded. These attacks are struck away from the diaphragm and diverge impulses away as a result.

** LV-14 must be struck at a 45-degree angle down toward the kidney with a smaller penetrating weapon so as to strike in the intercostal space. This will effectively hit the nerve against the rib and force the contraction of the diaphragm as well as the intercostal muscles. Struck well this can cause confusion, lack of physical control and or unconsciousness.



** CV-14 will have the same effects as the LV-14, but will affect the diaphragm on a much more intense level. That is because there is no protection from ribs or any other structures... not even the muscle in this area overlap and the nerve plexus as well as the diaphragm are directly attacked. The angle and direction to best accomplish this is down and in at a 45 degree angle toward the lower tip of the spine. Struck well this can cause confusion, lack of physical dysfunction of the whole body and or unconsciousness.

** CV-12 will have the same affect as will the CV-14, but not as intense. What it will do more so than the CV-14 is affect the connec-



tive tissue from the spine causing distress on two sides of the diaphragm simultaneously. Again down and in at a 45-degree angle toward the lower tip of the spine this also strikes the stomach causing vomiting, confusion, lack of physical control and or unconsciousness.

** GB-25 is also capable of causing the above manifestations described, not to as great a level but still worthy of mention. Striking this point straight down and toward the back of the body will effect only portions of the diaphragm and is not as incapacitating as the others which effect the whole. There are more points that will cause similar results, although not as powerful or effective. And as Kyusho is epitome of efficiency in combat, they will not be addressed. However when attacking the abdomen we also cause a vago-vasal response which is an attack on the blood (in the next issue).

All of the above mentioned targets are focused on the source or organs responsible for breathing. But why then can we also make "some people" restricted in breath from striking a more distal target like LI-10 located on the arm. This is because when we attack this nerve the message is transferred into the CNS at C-5, which also is location that the phrenic nerve emanates from and directly affect the diaphragm.

The back of the body contains even more targets that will also accomplish the sealing or impeding the opponents breathing. They are potentially more dangerous due to the proximity of the spine and possible damage to that structure. They are also more dangerous as they affect the nerve impulses far greater that frontal body points. These are all taken into account by the Kyusho Practitioner but in a more guarded respect.

Extra potential with this method of sealing the breath, also lays in the concept of double strikes like augmented "block" hand position (as well as many other hand postures and configurations). By simultaneously attacking two of these targets exponentially greater results will occur. Taking just the Augmented hand position mentioned, if the upper had struck down and in on the ST-15 while the lower hand struck up and in at the LI-10 on the arm... or better yet the K-21, you will affect not only the bronchial tubes, but also spasm and paralyze the diaphragm as well. This is just one example of how or why Kata was considered deadly. There are myriads of these hand postures in Kata, and why they were so highly regarded and passed down from generation to generation as the encyclopedia of the Budoka.

Healing

Where there is a way to use something in a negative manner, also contained must be the positive method. This lays in the healing possibilities for this specific knowledge and targets. Let's take the problem of Asthma, as it seems to be more and more prominent in modern life. Asthma is the spasmodic contraction of the bronchi and can be triggered in many different ways. For our investigation we will just refer to an episode manifested by over exertion of the asthmatic individual. The BL-11, 12 & 13 (on the left side only), become blocked and the muscles knotted over them... you can even feel a marked difference from left and right sides.

By slapping this area it causes the relaxing of all tissues and the person can regain breath. This is of course a simplified explanation and will be covered more full in healing sessions as well as later chapters.

The body is a miracle in construction and function, working with Kyusho the practioner is privy to its amazing possibilities as well as vulnerabilities.

Takedowns & Controls

Chapter 4

Evan Pantazi

Takedowns & Controls

Our readers have openly requested the work of this magnificent Master, Evan Pantazi. His book has had deep impact in the sector, a project that came to definitively complement his already long video and DVD series.

Beyond the specifications of each style, Pantazi's proposal is simple: try, apply, and experiment with the vital points in order to take full advantage of his knowledge in applying our own techniques.

However, this won't prevent Pantazi from proposing his own combinations in his latest video and DVD project for Budo International, this time dedicated to the application of takedown techniques and control of the adversary. The takedown places us in a superior situation always when it comes accompanied by an adequate control technique. Pantazi takes advantage of the large arsenal of Kyusho to facilitate the loss of support in the lower limbs as well as the neutralization of the adversary in combinations of groups on the vital points of the body. A magnificent new effort that he introduces us to at length in this article.

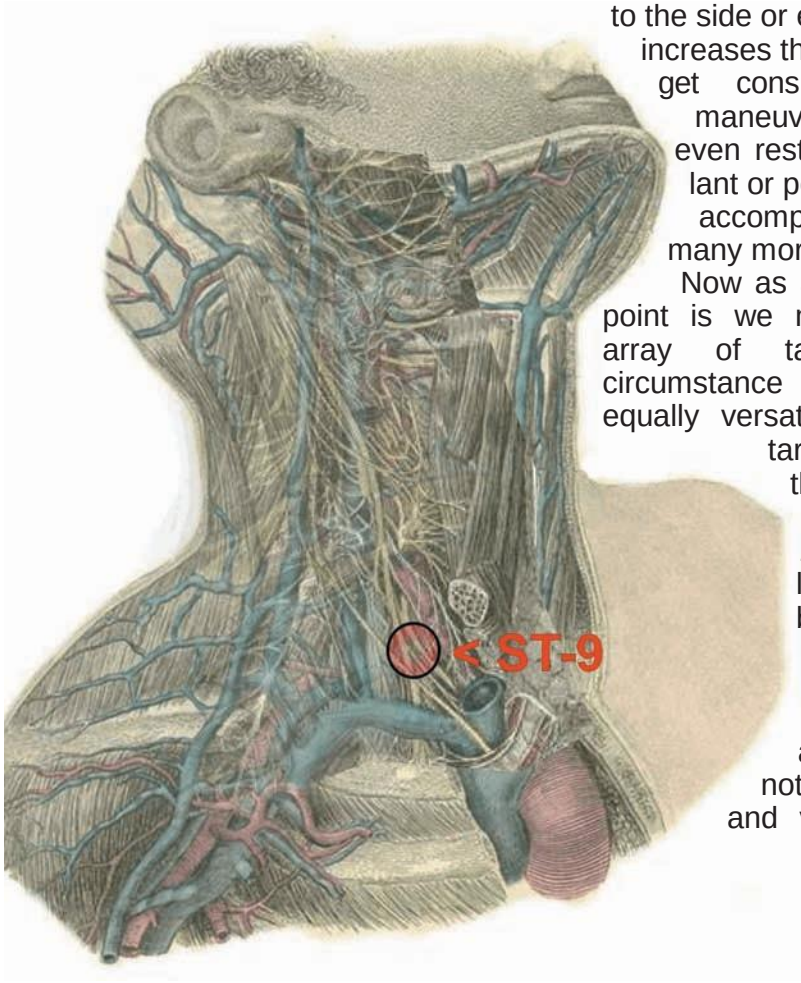
In the Study of Kyusho the practioner quickly learns that any point attacked well can produce a loss of body control that can drop the opponent to the floor. This is evident from not only the head points, as one might expect, but rather anywhere on the body. So why then do we take an entire training level to teach specific takedowns? The answer is simple, the way in which you need to attack many of these points for the felling of the opponent, is not usable for many individuals in their professions. Professions like Law Enforcement Officers, Emergency Medical Technicians, Security Personnel, or other such positions require low level control methods that will not be seen in this politically correct society. However getting a person under control and downed so as to minimize risk and injury to not only themselves, but others in proximity.

Understanding just a few targets that can be accessed form any angle and training them into natural motion is the key. Also the knowledge of exactly what will occur when a target is used is extremely important and will give the user a strategic advantage. When you know which way a body will react or move, what else becomes available and how to escalate into more powerful application if the need arises, reduces unplanned scenarios, thus reducing stress and panic response. After well acquainted the training must then escalate in stress, speed and intensity as it will also accustom the practioner to the rush of adrenaline and it's effects. After these targets are trained in this manner the effects of adrenaline are

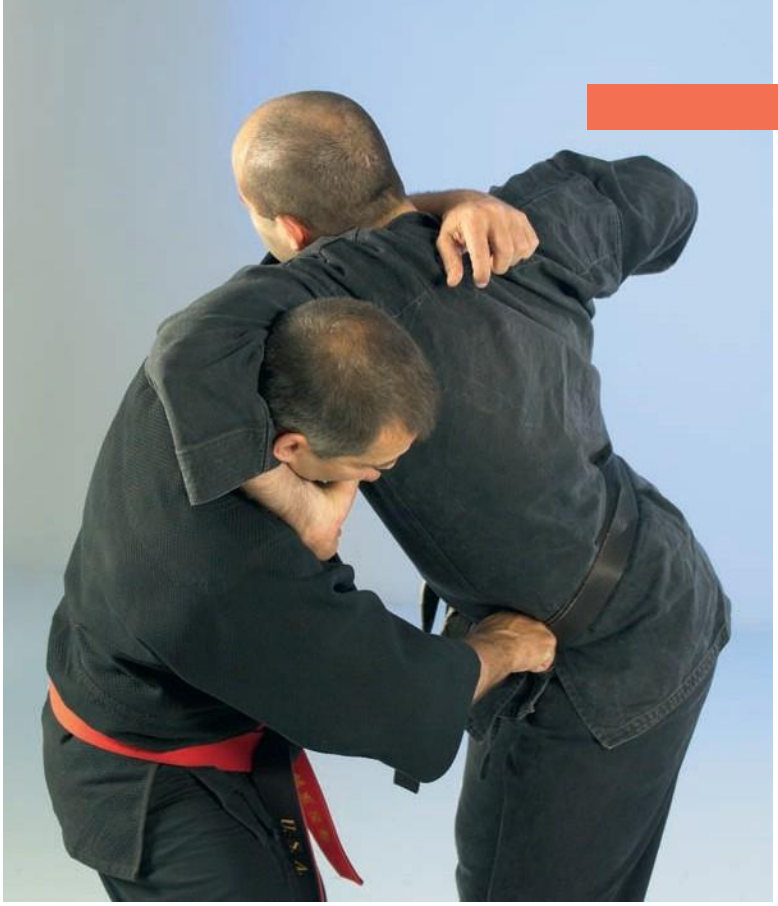
either negated or the practioner learns to work with them still in affect.

In conjunction with this training we need to have two other capabilities that of incapacitation (in severe emergency situations), and continued control. The Pressure Points used in Kyusho/Dim Mak being the easiest way to access the bodies Nervous System hold the key. For example let's look at the Mental Nerve Target (M-HN-14), as this has 3 ways of activation, 3 levels major angles of access and 3 of control. This yields not only incredible versatility, but the ultimate in control options for the user.

Pressing this nerve down and in toward the center of the neck will weaken the neck muscles to enable the practioner to turn the opponents head and maneuver them in many directions, forward, backward, sideways and especially downward. Rubbing this point rapidly will immediately dysfunction the legs and body control dropping the opposition just as quickly. And for times of increased need, by striking this point the level of consciousness is also possible up to full unconscious state. All of these methods can be obtained whether you are in front, to the side or even behind which increases the value of this target considerably. Now maneuvering, downing or even restraining the assailant or perpetrator is easily accomplished via this and many more targets.



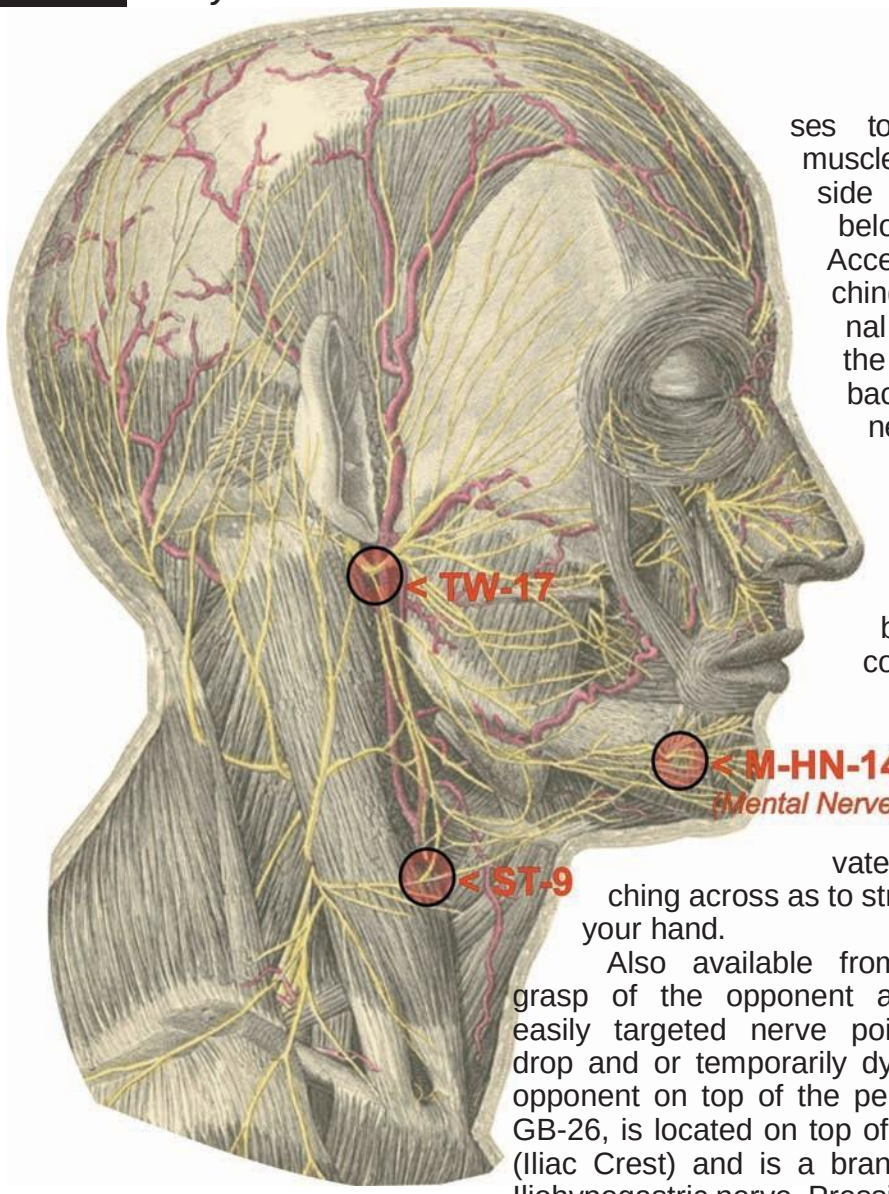
Now as accessible as this point is we must have a full array of targets for any circumstance or need. Another equally versatile and effective target is just behind the jaw and under the ear lobe, TW-17. This point has long been known by Law Enforcement, Military, Security and Martial Artists alike, but what is not commonly know and vital for times of



need is the maneuverability and dysfunctional level of use. For example we can full steer the opponent alternate pressures on both sides, lift, drop or even knock them with minimal force. The main angle to work this nerve root is toward the tip of the nose, by slight variations in angle and method of application yield startlingly different results.

Another target is located on the front of the sternocleidomastoid muscle on the same level as the Adam's apple. The nerve is a branch of the hyperglossal nerve and ties in with the vagal nerve, this point also shares the maneuverability factor as the TW-17 and has the added capability used in choking maneuvers. As the reader may be aware there are two main ways to choke an individual into submission and or unconsciousness, choking the air supply or blood supply. Choking the air is a long and perilous method as the minutes panicked struggle of mode, can result in injury to the practioner. However the Blood Choke takes just a few seconds, however there is still danger as the opponent reaches and grasps in instinct to remove the threat. But by using the ST-9 this is instantly stopped when used correctly. By rubbing down and in on the ST-9 the nerves dysfunction the arms (causing them to drop away from attacking the users face or head) and weakens the entire body function so the seconds prior to the effects of the blood choke are safer for the application.

When an opponents arms are above yours in a grappled position, all of the above points will be difficult to reach and apply. However there are many targets that can be reached that will control the opponent by taking them down quickly and temporarily causing body dysfunction and he ensuing confusion it causes for the recipient. ST-11 is one such point that will drop the attacked side of the opponent by stopping nerve impul-



ses to reach the muscles on that side of the body, below the point. Accessed by reaching in the sternal notch, but to the side and in back of the corner of the collarbone. The nerve must be pinched against the back of the collarbone and downward to affect the dysfunction and best activated by reaching across as to straight on with your hand.

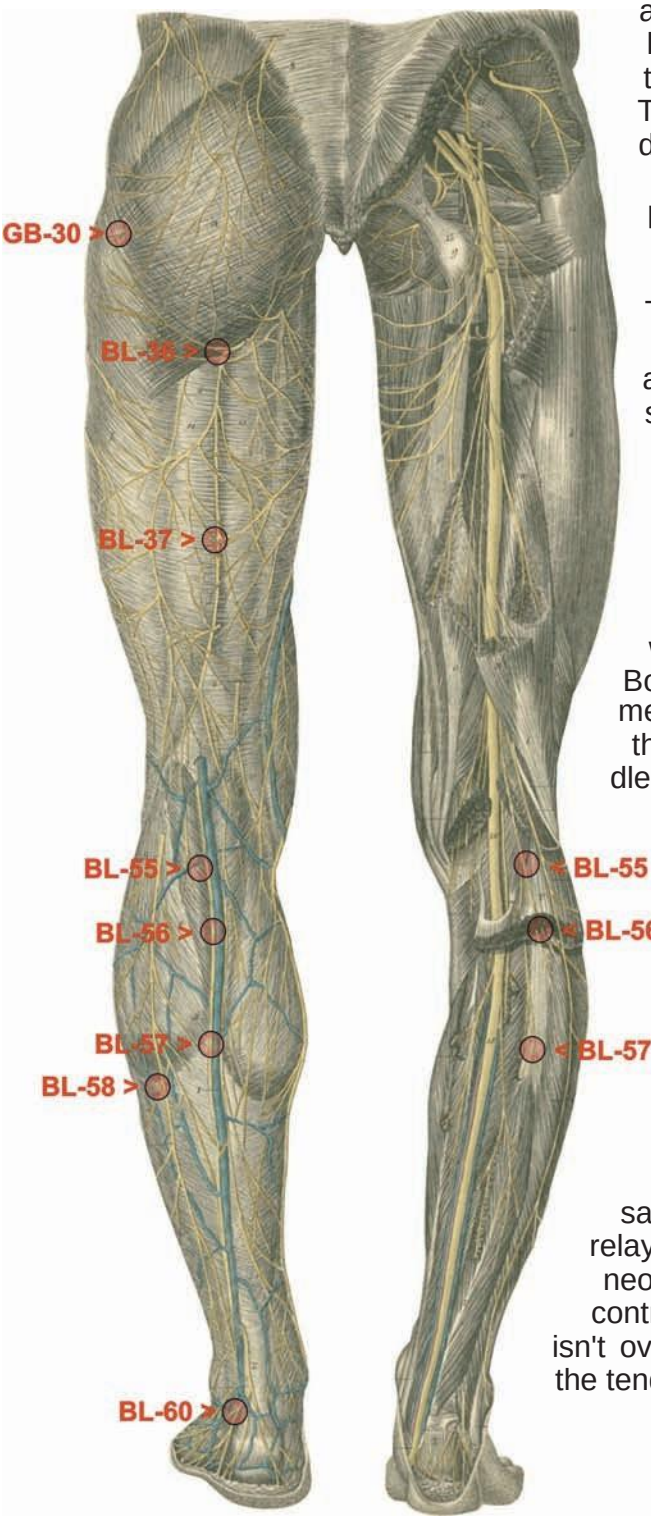
Also available from under the grasp of the opponent are a couple easily targeted nerve points that will drop and or temporarily dysfunction the opponent on top of the pelvic structure. GB-26, is located on top of the hip bone (Iliac Crest) and is a branch of the L1 Iliohypogastric nerve. Pressing or striking this nerve against the bone will cause severe pain, paralysis and dysfunction of the lower limb. This will drop the opponent down onto the attacked side allowing the practioner to restrain or escape. In some people it will even induce dizziness.

The other being BL-23, located two finger widths laterally from the vertebrae, just under the 12th rib is another branch of the Subcostal Nerve, struck or pressed down and in at a 45 degree angle toward the genitals can cause, severe pain, loss of muscle control and dizziness. One of the really impressive uses for this target is the ability to stifle a shoulder or

hip throw instantly. As the Judoka or other throwing expert rotates their back and hip toward you for positioning and leverage, merely rubbing this nerve access down and in buckles the legs and weakens their base. Caution is needed during training as the loss of their base may cause lower back injuries when extra torque is now placed totally on the lower back. And as a side benefit of this method for stopping the throw, they will drop into a perfect position for the blood choke as mentioned above or even a rear guard or mount. Also for Law Enforcement officers, this is an excellent method to drop the opponent from behind for control or to gain advantage when placing the resistant perpetrator in a vehicle or cell.

Enhancing Conventional Martial Arts takedowns is also a viable and effective use of Kyusho Jitsu. Although in Kyusho we train to cause this level of bodily dysfunction to incapacitate and drop an individual we still practice many takedowns used in many arts. These vary from leg maneuvers to joint locks to even sacrifice moves. Any method you use to drop or throw an opponent, whether it came from Aikido or Shotokan, can be enhanced with Kyusho.

Starting with a conventional foot sweep, when we use a point called Spleen-6 on the inner shin one hand width up from the anklebone, we can accomplish two different takedowns. As hitting this point up makes the leg also jump up and back we no longer need to use the larger and more strength oriented pulling action of the conventional sweeping action. When opposing a much larger individual you yourself could possible incur damage to your leg or joints by straining against the weight and strength of a larger opponent. But by using Kyusho effectively and kicking this point up and in at a 45 degree angle, they will go into a reaction called withdrawal reflex, where their own nervous system makes their leg pull up and back to unbalance them. If we target the same point down and in at a 45 degree angle, this will weaken the ankle and lower leg using the natural paralysis reflex. This is where all the surrounding



and weight bearing muscles loose control and collapse, as the support is no longer there. This has very serious potential damage to the ankle and knee joints as the muscles are paralyzed and the weight drops onto these now unsupported and twisting areas. The weight will be dispersed in a lateral action that joints are not designed to do, causing damage to internal ligaments and connective tissue.

Even the tendons in this area of the ankle which surround the ankle with exception of the shin bone on the frontal aspect, contain what is called a Golgi Tendon Body. The Golgi is known as a mechanoreceptor of which there are 2 types: muscle spindle cells and the Golgi Tendon Body, each muscle has both types, the function of which is to prevent muscle damage.

The muscle spindle cells are in the belly of the muscle. They monitor the stretch put on the muscle (they monitor the length of the muscle). If the muscle is stretched too far, the muscle spindle cells send a message to the spinal cord, which relays a message back instantaneously to cause the muscle to contract (shorten) so the muscle isn't overstretched. The GTB is in the tendon of the muscle and it mea-

sures muscle tension. And even though it sounds the same as the muscle spindle cell, it's not, the Golgi gives your brain feedback on small portions of the muscle so the brain can not only know how the whole muscle is doing but also how each of the individual parts of that muscle is doing. When the GTB senses too much tension on the muscle (As in a stretch from our rubbing attack), it sends a signal to the spinal cord, which in turn causes the muscle to relax to reduce the tension. The major difference between the GTB and the muscle spindle cell is that the muscle spindle cell causes the muscle to contract to keep the muscle from overstretching and the GTB causes the muscle to relax to reduce the tension. So as each tendon has this inherent in it, then attacking this as taught in the Arm with a rubbing (stretching) action, the muscle relaxes and the leg collapses.

Leg hawking or as some call it, reaping, we can again use the pressure points to work the same takedown with two dramatically different results. We can heel kick into a point called Bladder 57 located at the base of the calf muscle where it joins the Achilles Tendon. Kicking this point up and in at a 45 degree angle will cause the withdrawal reflex of the nervous system to lift the leg, (the same point and method is viable for reaping maneuvers as well). This can also be directly kicked to drop an opponent from behind as the leg uncontrollably jumps forward and out from under them at such a rapid pace

that the balance is virtually impossible to shift in time to prevent falling. The second way to use these two maneuvers is to aim down and in on a point called Bladder 55, laying just on top of the calf muscle under the back of the knee. This will cause a collapsing of the leg which is sometimes a safer method than lifting the leg, as the users balance at that time would also be in jeopardy. As we age this becomes a more important manner to achieve the takedown, as muscles and joints weaken as will balance, so by knowing kyusho targets we increase versatility and possibility for skills that increase with age.

Also bear in mind that any of these targets and many more can be used as an entry method for a throw, positioning, takedowns or so many possible reversals, that it can not be covered in a single article. But hopefully this can serve as a beginning into your own individual research and skill enhancement.

Following a logical progression from learning individual Kyusho Point targeting, into multiple points acquisition comes the next level of takedown and control. From dropping to throwing, control or restraint, minimal effort is needed from the practioner. Some of these targets and methods mentioned in this article can be seen in the new video compilation, shot and produce by this magazine. But it will be the hands on training with consistency and urgency that will enable you to master the control that Kyusho can give you… train well!

Kyusho Jitsu

Evan Pantazi

Chapter 5

Kyusho-Jitsu

ATTACKING THE TENDONS AND MUSCLES

The study of Kyusho includes dysfunction of several body functions such as neurological, vascular, respiratory, digestive and other functions including the function of the Muscles and Tendons. Ancient texts also describe these muscle and tendon attacks in general, but never do they get into the specifics of what occurs or the actual way to accomplish this on the human body. Besides the physical destruction of ripping, puncturing or otherwise destroying the actual structures, there is a non-damaging neurological method for successful results in this regard.

There are two types of neurological mechanisms called mechanoreceptors: the “Muscle Spindle Cell” (MSC) and the “Golgi Tendon Organ” (GTO), often referred to in Kyusho as the Golgi Body. Every muscle has both types for the safe and coordinated interaction of contraction and expansion, with their function being to keep the muscle from being damaged. By correctly attacking these receptors, we can therefore disrupt the normal function and capability of the structure and therefore the body’s ability to move or use them.

So we have two structures that guard the muscle, the MSC function is to make sure the muscle doesn't get damaged by being overstretched and the GTO function is to make sure that the muscle isn't torn from its origin and/or insertion by a sudden increase in tension". That's why the GTO is in the tendons (to keep the muscle from being torn from the bone) and why the MSC is the belly of the muscle (to keep the muscle from be "shredded" from being overstretched). Without the MSC you could have muscle damage but will still be attached to the bone at its origin and/or insertion. Without the GTO you could have the muscle torn from the bone at the origin or insertion but the belly of the muscle would not be in itself damaged.

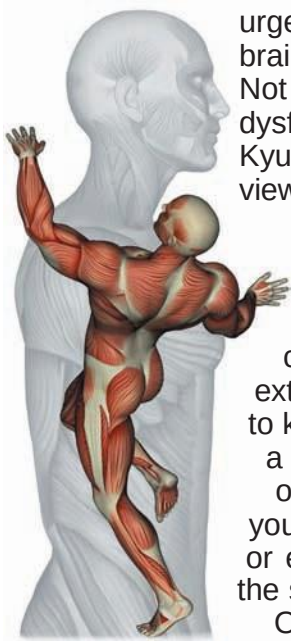
Tendon Attacks

The main structure that will cause physical dysfunction of a tendon (the fibrous cord of tissue that connects the end of a muscle to the bone or other structure) is the GTO. Every muscle has one end that is firmly attached to bone called the origin (or the end of the muscle that stays in place or is rooted). While the other end of the same muscle is attached to another bone called the insertion and can be thought of as the structure that will pull the other bone closer. For example, when you contract the biceps, you pull the lower arm toward the upper arm. The muscle ends in tendons and the tendons plug the muscle into bones. This is where the GTO comes into play.

The Golgi Tendon Organ is in the actual tendon itself with the sole function being to measure muscle tension. What is happening is that a group of individual muscle fibers are plugged into a GTO like several power cords plugged into a single outlet. The GTO monitors the pressure on that group of muscle fibers giving your brain feedback on small portions of the muscle and it's function. This allows the brain to not only monitor how the whole muscle is doing but also each of the individual parts of that muscle. When the GTO senses too much tension (contraction) on the muscle it sends a signal to the cord that causes the muscle to relax to reduce the tension or possibility of damage.

The GTO is activated by a significant increase in tension so the best method of attack to a GTO is a deep and rapid rubbing action simulating a quick and potentially damaging occurrence in the muscle. It is at this time that the muscle completely relaxes also causing the antagonistic muscles also relax. The rubbing action must mimic the direction of the tendons contractive and expansion direction (in the direction of the connection from muscle to bone as the same reactions will not occur if attacked in a perpendicular direction).

As an example by correctly activating the GTO in the elbow, at the base of the triceps, all of the muscles in that particular arm will be relaxed as rapidly as the attack. This can also be used very efficiently to dislocated joints as the muscles and tendons can no longer contract and hold the joint firm (when practicing this serious and permanent damage to the joint can occur. This level of destructive capability is the underlying reason the demonstrators of Kyusho use very little strength and effort, so as not to cause damage and why many believe the recipient is faking as the dysfunction belies the perceived need of power). Another physical manifestation in this is the dysfunction of both legs as well that can be explained as follows: As the brain sends an electrical signal down the spine to maintain strength in the leg muscle, when the severe electri-



cal message is sent from the arm to the brain this urgency supercedes the electrical message from the brain to the legs and therefore they dysfunction as well. Not a bad response for such little effort, total body dysfunction with a simple little rubbing action, such is Kyusho and why it may appear false to the unknowing viewer.

Another example would be a rubbing action on the Quadriceps or Patella tendon (an extension of the Quadriceps Tendon). By a deep and rapid rubbing action up and/or down he length of the tendon, the complete leg will relax and the knee joint will hyper extend backwards from lack of muscle tensing capability to keep it in place. This can be done with a forearm from a kneeling position, or if you have hold of the ankle with one arm and use the other for the rubbing action. Or if you are using your legs, a sliding kick against the tendon or even with an object such as Police Baton will cause the same dysfunction.

One more example would be in the Achilles (Calcaneal) Tendon just under the Calf (Gastrocnemis) Muscle. Many grapplers use this for an extremely effective ankle lock submission as well, due to the painful nerve reaction. The best manner to cause the inherent muscle weakening is to not simple push into this sensitive spot, but to do so with a deep rubbing action. Also remembering that the quicker the rub, the more intense the pain, dysfunction and physical reactions will be.

Muscle Attacks

The Muscle Spindle Cells (MSC) are actually in the belly of the muscle itself and monitor the stretch put on the muscle (they more accurately monitor the length of the muscle). So if the muscle is stretched too far, the (MSC) send a message to the spinal cord which relays a message back instantaneously to cause the muscle to contract (shorten) so the muscle isn't damaged by being overstretched. It may sound the sound the same as the Golgi Tendon Organ but it's not. The major difference between the GTO and the (MSC) is that the Muscle Spindle Cell causes the muscle to contract to keep the muscle from overstretching. Whereas mentioned, the GTO cause the muscle to relax to reduce the tension on the affected muscle.

The MSC is activated by the muscle being overstretched so again

he best method would be a rubbing stretching action, as in the GTO, however with the opposite reaction of muscle contraction. And whereas the body of the muscle is larger and more pliable, a sharper more penetrating action is needed compared to the GTO. So the correct weapon is a bone structure that will efficiently attack the MSC. Also the larger the muscle body is, the more force and penetration it will need to get the desired dysfunction and or reaction.

What happens when the MSC is attacked well is that the particular muscle sharply contracts. This in turn can affect all attached or connected structures and resembling an implosive action. Lets say we attack a biceps with a knuckle punch directly to the center, but with a slight dragging action. This will first rapidly stretch the muscle fibers causing the MSC force the reactive muscle contraction. This will quickly pull the forearm in at the same time as the deltoid, latissimus and pectoral muscles also contract causing the body to cramp on the side and front as well. This allows us unrestricted access to the back of the head and body.

Taking the latissimus muscle for another example, by striking straight in pain will of course be felt, but by adding a dragging action to the strike as if to mimic an overstretched muscle and therefore the MSC, a much more dramatic action occurs. First a sharp contraction of the muscle followed by paralysis and again exposure of vital points on the head, neck and back of the opponent.

One more example is the large muscle group of the Quadriceps, located on the front of the upper leg. By striking in at a 90 Degree angle into the bone, pain and dysfunction will naturally occur, but it will be significantly enhanced by dropping down at a 45-degree angle on the muscle. This will again activate the MSC by simulating the dangerously overstretched condition of the muscle. This contracts the whole quadriceps, so fast that it can easily cause a hyperextension of the knee, severe pain and paralysis of the entire leg. Obviously caution is needed here, but even more so as the vascular tissue can also be damaged leading to varied states of hematoma, not necessarily on point of impact. Meaning the blood leaked by the damaged blood vessel can pool elsewhere on the leg, clotting and potentially causing further health issues for the recipient.

By knowing and continuously recognizing (through practice), exactly how the opponent's body reacts, moves and dysfunctions will increase your readiness for many possible needs. Strategy becomes more the focus rather than that of defense, or dealing with unknown situations which in turn will lead to increased stress and less physical control. By knowing and completely understanding the human reactions with each move and exploiting it in strategy, you will ultimately gain advantage in personal defense.

All of the Tendons and Muscles in the body can be effected as mentioned, not limited to the very few discussed. They also are in close proximity to nerves and as such by attacking either the Muscle Spindle Cells or the Golgi Tendon Organs; you may also be affecting proximal nerve structure. One more note is that since each of these methods do send nuero messages even without a proximal nerve being affected (they are spinal cord reflexes), that they indeed further weaken or setup all other nerves for follow-up if needed.

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Chapter 6

Kyusho-Jitsu

CHI AND ELECTROMAGNETICS

There is no other topic in the Martial Arts that stirs as much controversy or polarization as the topic of Chi (also known as Ki, Qi, Prana and many more). This supposedly mystical and magical force has been long derided as bunk by some as well as highly sought after by others. The truth of the matter is that it can easily be explained in modern western terminology and recently even measured. It is always dangerous ground to tread, as many do not understand the mechanisms of this phenomenon. It has also been a widespread practice for those that do know it, but cannot readily explain it, use more esoteric terms and explanations leading to confusion and disbelief from many. Hopefully this explanation and set of facts will help you relate to this concept and make it easier to understand.

Modern Science has clearly determined that our bodies possess an electromagnetic field, quite similar to the earth itself. Modern Medicine has documented that the brain sends and receives electrical charges via the nervous system and is a predominant operational mechanism of all our muscles and life functions. By understanding that these electrical forces are the same as what is referred to as Chi (or all cultural renditions of it), may make the whole concept a bit more understandable.

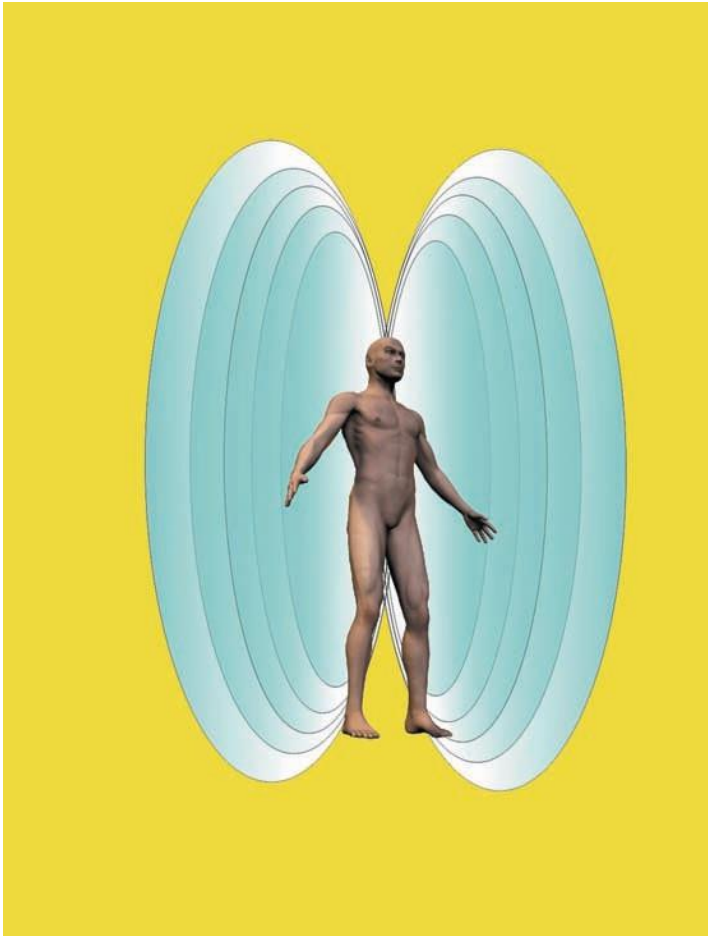
Moving electrical charges give rise to magnetic fields and if its motion changes, this magnetic field is altered and in turn produces an electrical field originating electromagnetic radiation. These electromagnetic fields are generated by electric motors, appliances and even by power transmission lines, as one would expect. But in fact electromagnetic fields (EMF's) occur naturally wherever there is the movement of an electron. The flow of blood through a vein or artery for example creates it's own electromagnetic field as does the flow of electrical impulses from the brain and through the nerves. So this manifestation can be explained in non-mystical terms as opposed to constantly using the more esoteric names associated with the phenomenon.

Electromagnetism, is simply the electrical and magnetic properties of the elementary particles. Based on repulsion of similar electrical charges and the attraction of unsimilar electric charges this is an underlying principle of atomic structure as well as the properties of light or other forms of radiation. Because this phenomenon can be easily observed, it is the most thoroughly

studied and understood of the fundamental forces of nature.

It has even been suggested, researched and somewhat documented that such fields, particularly those around electrical transmission lines, may cause or promote various cancers however research is still ongoing and this generally accepted link has not been conclusively established. For example the ongoing question of mobile phones which transmit and receive waves, (whereas radios only receive), have given rise to debate on the effects of these fields on our environment and bodies. And a relatively new development in humans appears to be that absorption of Electromagnetic Fields being accountable for brain tumors among those that excessively utilize mobile phones. The tumors typically occur in the area above the ear positioned exactly where the transmissions from antenna occur.

A pioneer in this field of research is Dr. Robert Becker, a recognized authority in the field of Bio-Electric Science and other specialists have concluded that some biological effects of EMF include; oddities in developing cells, animation of Proto-Oncogenes inducing certain cancers, influences on embryo development, the production of neurochemicals which induce behavior change, over-production of free radicals, changes in the bodies' biorhythm, lower the immune function, induce stress, dysfunction of the autonomic nervous system, headaches, depression, sleeping disorders, deterioration of the memory, and many more affects. It is also known that EMF's affect the central nervous system.



Free radicals are basically particles in the body with a net negative or positive charge and can be affected by electromagnetic fields more than ordinary particles. It is important to note for later discussion that stress can increase the amount of these free radicals in your system. Eating lots of antioxidants, which are contained in fruits and vegetables, can repair these particles, but more interesting to note is that meditation, amazingly enough, is also an excellent way to neutralize these damaged particles.

Although all electromagnetic fields do not cause problems for humans however those that have wavelengths similar to the wavelength in a molecule of water for example would. This type of EMF would pose affects as the body is primarily comprised of water, is involved in every bodily function, and makes up 70- 75% of your total body weight. Water helps you to maintain body temperature, metabolize body fat, aids in digestion, lubricates and cushions organs, transports nutrients, and flushes toxins from your body as

well. So in affect alterations in our natural Electromagnetic Field could affect our entire body and it's functions. Water molecules are capable of absorbing the energy from EMF's of shorter waves and the main reason and mechanism behind microwave cooking. A radio wave however having a much longer wavelength, pass directly through the human body where minimal energy absorption takes place and consequently much less damage or affect.

Since the human has this innate field of energy we must be aware that we can increase, decrease or alter its normal flow with our own electric field or that of another's. This occurs daily, but because of the regular occurrence, we are only sometimes aware of this phenomenon. We have all felt when someone approached us from behind, not hearing or seeing them but by feeling a presence. We have all felt if someone next to us has a lot of energy or are in a depressed state, drawing from us and making us feel the same. We have all experienced becoming nervous or anxious near someone that is in that state as well… these and more everyday occurrences are in fact a transmission of electrical fields from one another. And however acceptable these occurrences are we still tend to not accept that it can be controlled. But it can be and has been a major part of many cultures and disciplines since the beginning.

There is nothing mystical about it, the electromagnetic field we live in and the one we embody, are of the same nature. What needs to be understood is that this natural phenomenon can be controlled to a certain extent by an individual. It can also be channeled and used in many ways individually or in groups all guided by the mind.

To illustrate this we go to a well-used technique used to help people feel this field and its affects on the body. Standing or sitting in a relaxed position bring your hands up to chest level 6 to 8 inches apart as if holding a soccer ball. Keep your hands and body relaxed as you concentrate on the area between the hands. You will begin to feel sensations manifesting in increased heat, itching, vibrations, thickness or other such feelings as everyone is individual and will have differing energy and physical composition. Now this can be explained by the increased flow of blood present in the muscles and other tissues of the palms. In fact reddening or speckled coloration will be seen after a short time and due to the mind leading the blood to the point of concentration. Your brain is the electrical generator and the nerves and other structures of the body are the conduits. By directing your attention to a specific area you will increase sensitivity and physical function or activity in that area, in this case

your palms. It is the conscious or concentrated positioning of your electrical field that draws with it the blood, as your blood is approximately 90% water and can be affected with electromagnetic fields or energies as noted above.

Now that is for some a revelation or new experience in and of itself, but there is more that can be felt. Aside from the above-mentioned sensations we can also feel the electromagnetic fields themselves by using another such method. Keeping that same position and feeling you accomplished, start slowly and gently bouncing the hands slightly toward and away from each other. You will begin to feel a magnetic repulsion just like when you hold the like ends (both positive or negative charged), of two magnets toward each other. This will illustrate the EMF and your ability to control or manifest it in a localized area. But we are not yet done with our experiment; we can now make others feel our energy or electrical field. By having another person go through the above two exercises and feeling the energy present have them continue to hold their hands in that position without motion now. After having gone through the exercise yourself and having the same energy fields built in your hands, place them perpendicular to their hands while causing them so as to appear as if both people are holding the same ball. Then have one of the persons begin to again slowly and gently bouncing their hands back and fourth. Now you would expect yourself to feel the same magnetic repulsion as before, but what is really amazing is that the other person holding their hands still will also feel this.

Getting more involved, we know from science that all energy will flow from greater to lesser amounts. This being the case we can then manipulate energy using this rule and the EMF of others. To illustrate this in greater detail, or more accurately in actual physical demonstration, here is yet another method for you to try. You will need at least 3 people for this exercise, where you have two or more stand facing away from you in a single file line. Have them place their hands in a relaxed manner on the shoulders or the person in front of them with the first person in the line standing relaxed with hands by their side. The one person at the back of the line doing the experiment should stand back from them a few feet in distance. Have that person stand relaxed with feet comfortably apart in a balanced state with both hands at the kidney level of the person in front of them. Hands should be relaxed with palms up to receive the electrical field from the line of people in front. The person accepting

the energy should feel heat or an energetic feeling coming from the person line in front into their hands. Then feel as the energy travels up their arms down the body and legs into the earth. At this time the line of people in front will be drawn back and feel the energetic pull. It is important to note that the pull can be resisted, but for the sake of this exercise should not so that the understanding of the phenomenon is realized.

The line of people being pulled will feel a general sense of being magnetically drawn back as the amount of energy in several people combined by touch, will naturally flow to the lesser amount in the sole individual accepting it.

These are simple but illustrative exercises to realize the potential, but we must also realize that it is just a beginning and that control of the EMF and other body physiological aspects are entirely possible. Now this can be applied to the entire body and is another explanation of Chi Gong and similar practices and why it can cause physical alteration of the human. If we can channel energy to an area then it is also possible to channel energy away from an area. We can calm and balance agitated or excessive electrical fields or again using the law of opposites (Yin and Yang or in this reference Positive and Negative), add energy to an area or agitate already calm balanced fields. It is how the healing process, say of a Mother and Child occurs when a child is upset and has agitated or abundant energy. By holding the Child and trying to feel that Childs pain or remove this agitated energy, the Mother is able to calm the child.

Again these are all natural occurrences in everyday life that we have become so accustomed to that we now take them for granted. The ancient cultures did not have the distractions that modern society does and they observed, documented and worked with these natural laws far more than modern cultures. These simple explanations and exercises can help us realize the impact of nature in all of us as well as how to work with and control them to an extent. As can be expected this is not an easy task and takes dedicated, consistent and long practice and preparation. Consequently this intense regime of training is why many have either given up the pursuit, have not been aware of it or even put it off as myth. It is also something very difficult to describe, as each individual is just that, they will feel their own unique reality, so it is something you must ardently work at to achieve rather than just knowing about it. As always there is no substitute for experience and time.

Chi & electromagnetics part 2

With the understanding of what Chi, Ki, Prana, etc. is, we now turn our attention to how it fits in to Martial Arts, Healing, Health Maintenance and other various applications in life. As we are able to feel the electromagnetic field and also attach and attract other peoples magnetic field we are ready to discuss how to move it first within ourselves and then in other people.

Looking at ourselves as just a conduit of natural forces, we are a continually alternating with positive and negative electrical forces. The Sun and atmosphere rains down positive energy as it seeks the negative pull of the earth. The earth in turn absorbs this energy as it moves toward its core… where the negative electrical energy generated now emanates outward away from this core, the excess spewing from the two poles of north and south. Just as the earth itself, we are a constant flux of positive and negative qualities, absorbing and emitting energy and electromagnetic fields from the poles north and south as well.

Now first let's focus on the idea that we are quite able to move or concentrate the energy flow in our own bodies as well as others. To demonstrate this stand or sit in a relaxed position bringing your hands up to chest level 6 to 8 inches apart as if holding a soccer ball. Keep your hands and body relaxed as you concentrate on the area between the hands. You will begin to feel sensations manifesting in increased heat, itching, vibrations, thickness or other such feelings as everyone is individual and will have differing energy and physical composition. Now this can be explained by the increased flow of blood present in the muscles and other tissues of the palms. In fact reddening or speckled coloration will be seen after a short time and due to the mind leading the blood to the point of concentration. Your brain is the electrical generator and the nerves and other structures of the body are the conduits. By directing your attention to a specific area you will increase sensitivity and physical function or activity in that area, in this case your palms. It is the conscious or concentrated positioning of your electrical field that draws with it the blood, as your blood is approximately 90% water and can be affected with electromagnetic fields or energies as noted above. An old Oriental saying states "The Chi follows the Mind, the Blood follows the Chi" and now this can be more readily understood.

Next without disturbing your posture, use just your mind or thoughts to feel the energy of both hands fall from the palms and only down to the small finger edge of both hands. Do not try to force it, but rather be aware of the feeling it is there. After holding this here for a bit to fully experience your accomplishment, now bring the electrical energy out to the back of both hands only… this may be a little harder for some as the area is greater, but with continued patience it will occur. Again after a pause to feel and appreciate what you are able to do, move the energy again, this time to the top edge of the hands at the thumb and forefinger side. Once accomplished, experienced and appreciated, bring all the electromagnetic energy back into the palms as originally felt. The last facet of this exercise (a small portion of what is called "Buddha Palms" Chi Gong), focus the energy to all your finger tips and thumbs. Bringing it back to the palms, briskly rub the hands together and all over the surface as if washing your hands, to finish the exercise.

This small but extremely important exercise will allow the practioner insights in how to manipulate the energy of the entire body and in others as well. This can be practiced daily for increased possibilities and greater control… but with anything moderation is always recommended. But a word of caution, building energy in the body is not recommended as it causes imbalance and unnatural energetic flow and stasis of the human organism. We must maintain a balance of this energetic phenomenon as in nature for our normal function, health and safety. It is when outside or overabundant inside influences disturb these fields or natural energetic flows that illness, good health and/or normal functions of the human body and mind are also altered.

We can also alter or move others energy using it in healing, by balancing and smoothing disruptive wavelengths. To demonstrate this, again assume the standing or seated position you had during the last experiment. Bring the electromagnetic field first to your palms and maintain this feeling. Also have another person do the same exercise to feel the same electrical field inside until a good amount of energy can be felt. Then have them slightly bounce their hands in and out a bit so they feel the magnetic repulsion that will occur. Once they have accomplished this sensation have them steady their hands in the original position. You as well should do this to achieve good energetic sensations, but then turn your both hands vertically and bring them to the

openings of your partners hands as if now both of you are holding the same ball. At first you will both feel the increase in electromagnetic energy from the both sources, but now let's have you alone manipulate the energy field by bouncing your hands slightly while your partner keeps their hands still. What will happen is that the person with the still hands will feel the magnetic repulsion you are creating by bouncing your hands. Then still your hands and let them do the same. This is just a small glimpse of what is possible with the electromagnetic fields present in the body.

Now as Martial Artists, we have our fair share of aches and pains from training and induced by the very methods we practice. That said let's explain that pain is electrical energy that is concentrated in a small area due to many possibilities. If energy is restricted then the bodies natural responses are either pain, agitation (such as nausea, rashes, dizziness, etc) or numbness (as well as dysfunction). This pooled or blocked energy must be manipulated to flow normally again and to eliminate said disruption. What is really remarkable is that a persons pain can be felt by another person, much like with the hand experiment above. With this understanding and the key concept that electricity always flows from the greater source to the lesser, we will be able to eliminate pain from another person. Bear in mind if there is major damage to tissue, you will not be able to eliminate the pain entirely as other factors will be present.

To demonstrate this will need someone in pain, but that is not uncommon but maybe not readily possible at this moment, so we will describe one such method that will clearly depict one formula for taking pain from another using the electromagnetic fields and electrical flow. Say your partner has a pain somewhere in their back, ask them to lay face down and just relax. Kneel beside them so that you may take one of your hands, (it will not matter which one) and hover your palm above their back, staying about 6 to 8 inches away as in the original hand exercise. Slowly and mindfully feel the electromagnetic field between your palm and their back. As you scan the area you will feel alternating pressure or heat on your palm, the area with pain will register the most such sensation to you. Once this area is located (you can do this by having them tell you where the pain is to feel the differences and actually suggested at first, but after some experience you will be able to find it on your own), keep it in mind. Now repeat the process with your opposite hand, but this time feel for the area with the least electrical force. This may feel colder, weaker or have less vibrations but you will feel

the lesser energetic field. Now lightly place one palm on the high energy spot and the opposite on the least energetic spot. The pressure should be very light as if you press down you would be placing energy into them rather than having it felt by you. What will happen after a short period will be that the palms of your hands, as well as the persons back, in these two spots will begin to feel the energy transfer from the greater to the lesser sources. This will be felt as heat and vibrations or a pulsing, which is how electricity actually moves. After a few minutes if you slowly take your hands off their back, the pain will be diminished or completely removed depending on your skill and experience with this method.

These exercises will not only let you understand Chi and Electromagnetic fields of the human more, but help one realize the way we are directly connected to the universal forces. The first step is becoming sensitive to it, as we walk around life we are bombarded by so many stimulus that we tend to ignore or block most of it out. A good first step is to relax and become aware of what it feels like to just be. From there you will be sensitive to or be able to feel things like your own breathing or heartbeat... this is an important accomplishment, as if you reach too far, too soon you will only hamper your efforts. All of this is actually the basis of acupuncture, acupressure (Shiatsu, Tui Na, Rekki, etc.), and all Traditional Oriental Medicine.

Which brings us back to the Martial Arts interest in this natural phenomenon. Why it is so prevail ant in many ancient and traditional arts is that it makes all techniques that much more effective. It is also how as the Martial Master ages, they were still revered for their incredible prowess and capabilities far beyond their younger, faster and stronger students.

By understanding the energetic fields and flows in the human being along with a developed sensitivity to them the practioner gains extra skills. For example we all have felt the energy surrounding an angry or agitated person, whether standing near us or even approaching. This is due to their increased electrical output and increased Electromagnetic Field (EMF). Driven by their blood pressure rising as well as the speed and force of the blood through vascular tissue, the increased heartbeat to pump this and in turn all internal actions. Even as their muscles tense, it is accomplished via more nerve stimulation and increasing resistance, forcing more electrical flow and EMF. Learning to be sensitive to energy then this extra energy can be sensed and anticipated rather than reacted to.

Now as all Martial Arts were founded on Yin and Yang we must also look to the disruption of this energy field rather than only the sensing of it. If it is possible to affect another's external energy, so too it follows that you can affect the internal. Say for example you disrupt the EMF of an individual enough as to block or stop a natural flow of energy. This will have a ripple effect on the status of the receiver. For this demonstration you will need to palm slap your partner, the best place to readily feel the effects will be on the pectoral muscle. With a light slap to the muscle have your partner tell you where they feel the hit's effect, how far it spread and how deep it penetrated. Then have them gently rub the area to nullify that feeling, then with the same pressure as the first slap do it again, but this time have the same energy in your palm that you felt doing the original hand exercise. When you slap this time let that energy feeling in your hand transfer into their chest muscle and have them report the results. They will be deeper and more widespread and this is just the tip of a very deep study and body of knowledge and skill.

You do not need to know or be able to control this energy to make Kyusho work, but it will greatly enhance your skills if you do. So now the question is not if it is real, but rather are you willing to work for it?

"As we are able to feel the electromagnetic field and also attach and attract other peoples magnetic field we are ready to discuss how to move it first within ourselves and then in other people"

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Chapter 7

HEALING

Kyusho (VITAL points) actually brings with it the connotation of life sustaining qualities. These vital structures and components of the anatomy are the very essence of the human, learning how to damage is the easier and darker side of the idea. Another of the main components of Kyusho is the healing aspect also inherent in the educational process. This also lends a variation for the term "Self Protection" as we are much more likely an opponent of natures ills. How many times have you been assaulted by headaches, backaches or nausea compared to how many times you have been attacked in a hand to hand conflict?

That said there is also a lot of confusion with healing methods employing the vital points of the human body. With more theory than is necessary (as with everything in modern society, we tend to over think, over work, over do virtually everything), and it does not need to be so. Nature is simplistic, following very few rules that manifest in so many ways, so to it is with healing methods. You may even be asking why this topic is even relevant to Martial Arts in general. Please understand that by studying the healing aspects to a deeper level of understanding and proficiency you will also increase your Martial Ability as well. Before we get into actual descriptive methods let's take some of the myriad of benefits you will gain in parallel with the Martial Art needs!

Practice Time: Let's face it there are many more opportunities to practice healing (and more willing partners), than it is to find those that do not mind severe pain induction and loss of body function or unconsciousness! When friends, family and even co-workers find out that you can relieve their pains and discomforts there is no end to the amount of practice they will allow you. How many times has someone told you they had pain, well instead of offering compassion or sympathy what if you actually could take charge and rid them of it? How valuable a skill is that, how satisfying and feeling would it be, how much more could you expand your relationships and or acquaintances? But going back to the original intent, how many people would actually seek you out?

Slower Pace: By using the healing methods you will also be forced to work at a slower pace, this is often the problem in teaching the Martial Art skill first as people's adrenaline, sense of contest and I dare say ego at times make them rush. In their rush

they will often miss the target or angle or depth of penetration or correct method of attack. This is also why so many that have briefly trained get frustrated and do not persevere through the sometimes daunting learning curve. True education and profound understanding are highly resistant to rushed study. With slow careful and thoughtful point manipulation will come a higher degree of skill and proficiency, in time speed will naturally increase with these, but not feel as such.

Tactile Skill: As you go slower, probe deeper between the muscle, tendons and bones to locate, access and manipulate the nerves in a more intimate level. This actual feeling of the nerves with your fingers will give you a deeper understanding of them and all surrounding structures, increasing your accuracy and tactile abilities with them. You will gain sensitivity in touch and manipulation as well as the synergy that comprises a human being, it is not by accident that some of our better practioners are actually Doctors of many varied disciplines. As you work on more and more people you will also see the same issues time after time so you may begin to see patterns or natural laws within the body. These also reflect in the Martial use as well as other more intimate possibilities.

Positioning: Also by working with the nerves to heal you will be able to control the posture or positioning of your subjects body. You will see and feel the best way to position and arm (for example) to best reach and manipulate a point so that the overlaying or surrounding structures are out of the way. In Martial use we do not have this luxury, but by understanding it in healing manipulations you will recognize these opportunities much quicker and respond much more efficiently, even in conflict.

Variation in concept: The more you use these Vital Points in more aspects of everyday life, the better you will assimilate them and naturally flow to them. You will notice through more and more diverse practice in healing and martial use, that you will begin to see you are always on point! You shake someone's hand, you put your hand on someone's shoulder, you hug a loved one… your hands and fingers will be ever increasingly on these points. You have developed a natural feel for them and will have an uncanny ability to find them in all endeavors, looking or not, trying or not. Can you think of how that could benefit you greatly in grappling or multiple opponent scenarios?

Understanding pain: Pain is symptomatic and stems from a deeper problem, whether it is physical damage of a structure, or a block or cessation of natural body function/s. By working with ridding pain, you can not help but understand how to also induce it. After working with many people in pain and working to eliminate it, you also develop almost a sixth sense of it. You will be able to tell something is wrong with someone upon sight, how valuable a concept is this in battle!

Understanding Dysfunction: With a persons pain comes varying levels of physical dysfunction as well. Someone with pain looses fine motor skills in all other areas of their body. You have a headache for example, the more severe the pain, the more limited your overall physical strength, will or spirit. Something as benign as hiccups can limit the physical prowess or functionality, continued hiccups start to divert the mind, the will or concern with everything else. You see physical aspects of pain and dysfunction are inexorable intertwined with the mind and spirit… this is an invaluable lesson in both the Healing and Martial Arts.

Now that we have a better understanding of a small number of benefits learning to heal with the Vital Points (Kyusho) we are free to really explore some of the concepts of healing. The following may offend some people, but it is not the intent, it is offered to clear some misconceptions and extraneous information. Relieving pain via Kyusho does not require heavy Oriental Healing study or Theories, it requires a simple manipulation to balance what has become unbalanced through overuse, stress, emotional situations, natural inducement or even poor posture.

Realize that everything you touch, taste, see, smell or do is either an influence on or influenced by your nervous system. Everyday we are bombarded by outside stimuli in ever increasing amounts, sights, sounds and even thought! Our nervous system must collect monitor and then respond to all of these influences… even if you are not consciously aware of them. It is no wonder that the body responds in severe and traumatic ways, from simple discomfort, to pain to even physical dysfunction. As these responses become more than the body can handle they become less balanced and natural, it is our position to rebalance and calm the body so that the pain or dysfunction can dissipate.

Those that have followed this Art, or are even just getting started in investigating it, has come across the term Meridians. Meridians are not physical entities or vessels as some believe, but rather an imaginary line like those in the child's game of connect the dots. The dots in this case are specific Vital Points that all correspond with one another in a like manner, as well as various body structures and functions. The genius of those cultures before us that observed and experimented to find all of these interconnections is understated and profound. There are 14 external meridians (the ones we will work with) and several more internal meridians or intercommunicating structures. Each of these meridians has an inherent directional flow of energy that we must know. As in any line (Meridian) it naturally flows in only one of two directions. If you look into any book on Acupuncture, Acupressure, Shiatsu, Tui Na or any point healing methods you will readily find this information. The points on these lines are numbered and will help you understand and remember the direction of this flow. A meridian is labeled from 1 to however many points that are associated (as in the Bladder Meridian up to 67) and depicts the flow… always from point 1 to the highest number.

As we have already seen from our Martial application of Kyusho we can cause pain (by causing a block of energy), numbness (by reversing the energy) or dysfunction (by forcing or reversing the flow). Pain is a specific buildup (from blocked natural energy flow) in a particular area. Our mission would be to release these blocks and promote the natural flow again to relieve that pain. In cases of physical damage pain may be relieved, but will not be stopped until the damage is repaired.

Now it is not necessary to understand the underlying cause of a specific pain to relieve it, (as you get more in tuned and experienced in healing this will become easier to understand). For example let's look at a common malady of so many people, that being headaches. To relieve someone's headache, you do not need to understand whether it was brought on by stress, dehydration or so many other causes to relieve it.

A headache will be in one of two dermatomes (or sections) of the head, central or lateral. The position of the persons pain will dictate what you must do to alieve this pain. For pain located in the lateral portions of the head we would work with points located

on the Gall Bladder Meridian, for those more central we would work on points on the Bladder Meridian.

As mentioned pain is a concentrated block of energy and you must open the flowing again to its normal pattern to alleviate the pain. Second is that to break a blockage is much like opening a blocked drain in your sink. When you take a plunger you must push and pull to dislodge the obstruction. When using this concept for headache relief you will first introduce more energy (and pain) just prior to pulling it and releasing it. To release after the extra surge is introduce we will drain it from both sides of the block to assure the best release. Also once removed instruct the patient not to touch their head as it may re-introduce too much energy and they will regain their headache.

Lateral Headaches are on the Gall Bladder meridian that there is a block of energy. To release the energy and relieve the pain the three main to use are the GB-1, GB-20 and the GB-21.

1. Place your hand on the patients forehead to hold as you press with your opposite hand from the back up and in at a 45 degree angle, into the both GB-20's hard and hold for 3 seconds, then quickly release. Repeat this 3 times.

2. Next take your fingers and drag firmly down from the GB-20's to the GB-21's where you press in hard and hold for 3 seconds, then quickly wipe off the sides of the shoulders. Repeat this 3 times.

3. Next and one at a time lightly flick a finger tip from the back of GB-1 and off the front of the temple. Repeat 3 times each side.

For Central Headaches the energy block is on the Bladder meridian. The two main points that you will need to work with for this area headaches are the BL-2 and the BL-10.

1. Place your hand on the patients forehead to hold as you press with your opposite hand from the back up and in at a 45 degree angle, into the both BL-10's hard and hold for 3 seconds, then quickly release. Repeat this 3 times.

2. Next take your fingers, held as if making a peace sign and then quickly rub down both Bladder meridians next to the spine. Repeat this 3 times.

3. Next and one at a time lightly flick a finger tip from under the eyebrow from BL-2's off the front of the brow. Repeat 3 times each side.

Again as an extra draining method you can add the energy pull, down the arms from the martial arts revival lessons.

Both of these headache remedy methods may be repeated if necessary and when first learning may be needed. But as you get the feel for the method and the concepts you will become better attuned and capable of completely relieving the individual with one application. As extra draining you can add the energy pull, down the arms from the martial arts revival lessons on the first Kyusho Video from Budo International.

There are deeper lessons as alluded to earlier in these methods, more so than just understanding how to break up a blockage and restore proper energy flow.

"As we have already seen from our Martial application of Kyusho we can cause pain (by causing a block of energy), numbness (by reversing the energy) or dysfunction (by forcing or reversing the flow)"

Chapter 8

Kyusho-Jitsu

VITAL POINTS APPLIED TO GRAPPLING

As Modern Martial Arts has brought Grappling into the limelight, it is imperative that the Martial Artist also prepare for this eventuality. With any Martial Endeavor maximizing your potential, while minimizing output is the quintessential goal. Kyusho assists in this goal far faster, easier and more efficiently than other concepts. Again knowing the weaker anatomical structures of the opponent and automatic responses to them not only gives the Kyusho Practioner an edge of surprise and efficiency, but also in strategical aspects as well. From the standing clinch, the takedowns and controls… even to the finish work, every component of Grappling is prime territory for this knowledge and skill. With

the wide placement of all the pressure points there is always a possible target available, so no matter what situation you have your opponent in, or worse they have you in, there is a solution to give you the advantage. It also does not give your opponent the capability to know what or where you will be targeting.

Let's take it to the clinch where many real fights as well as competitions start, where both fighters are standing and fighting for position, balance and advantage. As many people are aware (especially trained fighters), of throws, sweeps and sacrifice moves,

they are maneuvering to feel and offset them. They have developed a natural feel for them and may even possess superior size, strength and or endurance! The equalizer to all of these is a proper knowledge and training in Kyusho. While the opponent is feeling and moving with you their mind and intent is to look for the opportunity where you are vulnerable in balance and or position. They pay little attention to what or where your hands are as they seemingly pose no threat. They do not foresee that with a twist of the wrist you can target their elbows Golgi Tendon Body that will neurologically weaken their entire body as it moves in response to their own nervous system rather than with their control of mind and thoughts. Their body will automatically and instantly respond to you not them… how valuable is this in conflict? By quickly and efficiently locking out their elbow and easily transferring their balance without their ability to control it, you have gained the entry, position or takedown… but this is only a beginning!

Once felled you move into perhaps a side arm bar, but they are familiar with this from practice and able to work with it. Until you again press L-8 on their wrist weakening their arm, sending pain into them which alters their mindset to withdrawal or protective mode rather than mounting a counter. Before they know it they are submitting, but not from the arm bar where they were last thinking, but from the pain and dysfunction from a body or head point you have also employed. Rolling from point to point you have not only taken charge of the physical, but the mental and in doing so rendered their spirit into confusion. This is because the attacks not only come from you, but are felt inside causing involuntary reaction to your initiatives.

The nerves of the body will yield predictable results and for the Martial Artist trained with them, it is not always the younger, faster, better conditioned individual that has an uneven advantage. They can flow from control to escape to submission by connecting a series of available targets that they can also make available and predict. Or if the opponent was skilled enough to recover and mount a counter, you can easily offset this again and again. By merely knowing where these targets are vulnerable and how the opponent will react physically to each target, you can plan a strategy. Maneuvering them from position to position without letting them regain their balance, base or composure.

We have studied several of the nerve targets so far as well as the

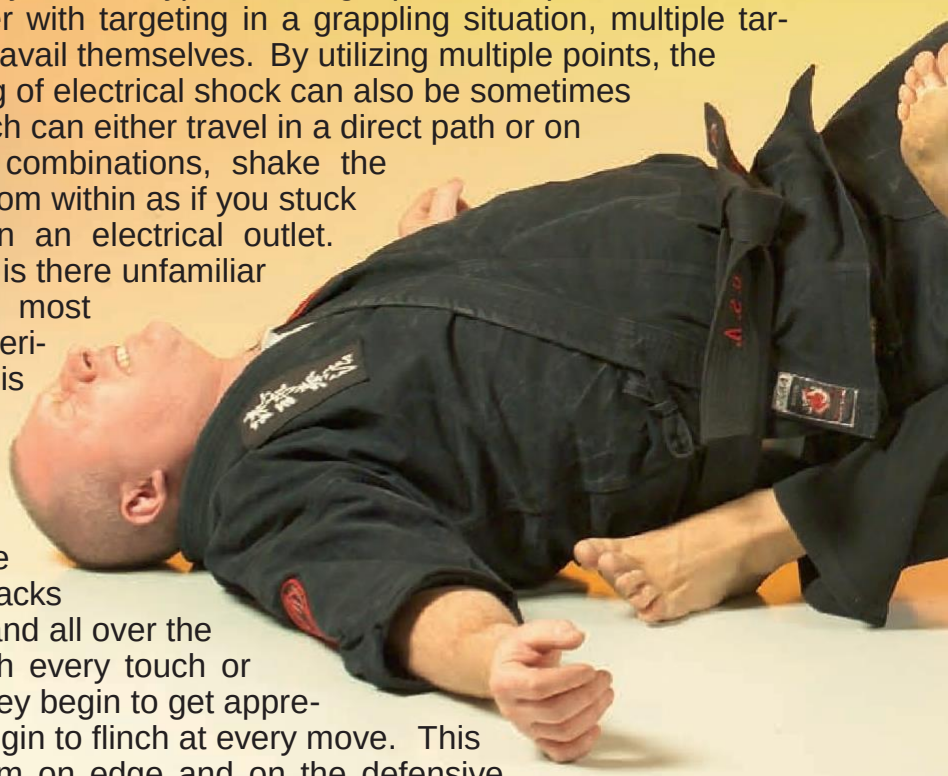
myriad of possibilities, now there are new skills to manage and realize and in affect bring us to new levels of skill and capability by training these concepts in regard to the targets. Taking the dysfunctional aspects of each point, this will need to be considered especially while the opponent is entangled with you. This is because felling them with a point in such a way so as to drag you down with them needs to be avoided. How and where they will fall, roll or jump will now need more scrutiny for your safety as well as advantage. It becomes far more important now to understand which points will cause the opponent to arch back and expand their limbs as well as which ones will contract and collapse them, as they are connected to you more intensely and struggle to gain a balance or position.

This will also enable you to learn to open or close their body motions, but more importantly how to open new targets for your use. If for example your opponent has a two handed and tight hold on you, their arms and all their frontal body muscles are now condensed and bunched so that these nerve structures in them are hidden or buffered from attack. The back, head and in some cases the legs (depending on standing or ground position), will be the only accessible points. By attacking the possible targets correctly, it will then open the frontal targets for further use. This concept is a dynamic and constantly changing challenge when grappling, especially on the ground. But by sufficiently training, it becomes easier and also improves the practioners skills in all prior levels of understanding. From the recognition of open and viable targets, to the ever changing dynamics of human motion, even target accessibility especially under stress, make this is a very intense and demanding level in our studies.

This also brings another new skill very much into reality, that being the tactile sense and location of points. When grappling you are not usually able to have a large window of sight, 90% of the opponents body will be hidden and so it is that developing the tactile isolation of points is now brought to the forefront. As we know from prior study the points are always in the valleys between body structures of bone, tendon and muscle. As you grapple and maintain contact with the opponent your hands will naturally fall into these valleys. By now learning to feel your way to the targets, this gives you an even more thorough knowledge and feel for them and again improving all prior levels of study. Anytime you can

enhance your understanding of any aspect in your training it will exponentially increase your capabilities and even future possibilities. Gaining this insight and skill will make all your current techniques better.

Now add to this the increased pain that is imparted to the opponent as a matter of using the nerves (the pain receptors in the body), to attack the internal mechanisms. This escalation in pain that a person is not typically exposed to is very disarming, and confusing due to its unfamiliarity. This pain not only registers locally as a typical external attack will have, but a deep penetrating and traveling type of pain that can even disperse to several areas inside the body. This is typical of single point manipulation, but as you get better with targeting in a grappling situation, multiple targets will also avail themselves. By utilizing multiple points, the painful feeling of electrical shock can also be sometimes induced, which can either travel in a direct path or on some nerve combinations, shake the entire body from within as if you stuck your finger in an electrical outlet. Now not only is there unfamiliar pain, but for most people experiencing this sensation disbelief and even fear.



When you employ these nerve attacks consistently and all over the opponent with every touch or maneuver, they begin to get apprehensive or begin to flinch at every move. This will keep them on edge and on the defensive rather than clearly on the offensive, or even their own strategy. This adds to their already new ground of unfamiliar behavior and method, giving you the advantage of surprise and lingering apprehensions in your opponent. It can in some cases get the opponent into such a state that every move you make is perceived by them

as a Kyusho attack. But as we know the human body can get used to virtually anything over time adapting to preserve its stasis. If you do continue to attack each move on a nerve they will eventually get used to it and adapt, loosing your edge and possibly turning the surprise to their side. So keeping the Kyusho manipulations sporadic, with broken rhythm and intensity will keep this edge in your favor. This is a valuable key in all endeavors that you should take to heart, as Miyamoto Musashi consistently stated in his classic on martial strategy… "The Book of Five Rings"…. "Study this well".

This technical ability to access the nerves and induce all of the previously mentioned maladies, makes submissions not only quicker and easier, but also in many more unexpected positions and places. You can achieve a submission quickly through pain and dysfunction on every area of the body, it all depends on what you can get or where you have maneuvered your opponent into. Kyusho skill will also allow you to counter any efforts to resist locks, or submissions. As if you were applying and Achilles tendon ankle lock, an easy way to resist this is to simply flex your foot back to tighten and stiffen the tendon so that the Golgi body and underlying nerve are now protected.

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However this in turn can also be countered by attacking a point further up on the opponents leg causing a dysfunction and relaxation of the muscles and tendons in the entire leg, now allowing you access to both the Golgi Body and underlying nerve… and consequentially the submission from pain.

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Escaping is by far one of the more important aspects of Kyusho in Grappling as when the opponent has the advantage whether it is from a superior mounted position or from the side or rear, strength, balance and basing are not always available. But with Kyusho, by merely pressing, poking, rubbing and even tapping points you can force the opponent into a predictable and involuntary reaction giving you a second of opportunity to maneuver to a better position. Through a single or string of successive shocks with their temporary dysfunctional reactions, it is possible to keep the opponent defensive and thus gain your

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superior position or submission. This is not to say that Kyusho is a perfect method, this will always lay in the skill and ability of the individual to use on their opponent. If your skill is far less than your opponent the chances of you getting to the nerve points will be diminished and therefore unusable. It will always depend on the training of the individual to whether or not they can use these new and sharper weapons.

Now in grappling the quickness and surprise to properly activate a nerve is imperative. It is different having another person attached to you when activating the targets, rather than with prior levels where you were the attached person with vibration, ballistic or compression methods. The effects of grounding and energetics now become even more important than first shown in prior levels, because now when the opponent grabs you with intent there is an additional transfer of their body energetic into yours. This not only grounds their energy, but it is through you as well, reducing your bodies functions and possibilities as well. But since strength and speed are not necessary you can reverse this intent with a single attack on an available nerve. This occurs as when a persons nerves are sharply manipulated the impulse converges to the brain

for analysis and then diverges for reflexive action to protect itself. This causes all of the energy the opponent was transferring into you, to be used in contraction or expansion of these reactionary motions.

Knowing key physical idiosyncrasies of the human body will add immeasurable worth to your personal arsenal as well. Knowing for example that the more strength you use in the arms, the weaker the nerves in the head becomes is invaluable. As when your opponent grabs they will most assuredly use strength to secure and overwhelm you, this action will need a tightening of the arm,

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shoulder, chest and other supportive muscle groups. This contraction of these muscles involves nerve activity to activate the muscle into this state, which in turn will weaken (making them more sensitive), the nerves of the head and neck as stretching and extra neurological activity is eminent. Now in turn everything has an equal and opposite reaction, so by attacking the nerves of the head, you in turn weaken the arms. Taking a simple side arm bar as an example, if your opponent grabs his arm with his other to

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fight the arm bar, this will make the points of the head very sensitive. To quickly weaken their arm and break the grip, simply press your heal to the nerve behind the hinge of the jaw (TW-17), the pain is not only excruciating, but the arm will completely weaken and grip release.

After getting comfortable with all your locks submissions, escapes ect, the practioner must live grapple to attune themselves and make the knowledge a real skill. The spontaneity and ability to flow with the opponent while seeking and targeting the nerves will take cooperation in the beginning, but eventually you will be able to succeed even while your training partner tries to resist your attempts. Once you can comfortably get past even your expectant and resistant partners, you have honed your skills to a high degree… but as always there is more work to do.

If you think this is a lifetime of study involved you are right, but by proper training it all comes naturally. You must be patient in your quest as Kyusho Grappling will escalate you to new heights of point location, acquisition and manipulation, but also enable you to attack the opponent on not just a physical level, but mental and even their spirit… all with strategy. Isn't this the higher levels that all Martial "Artists" aspire to?

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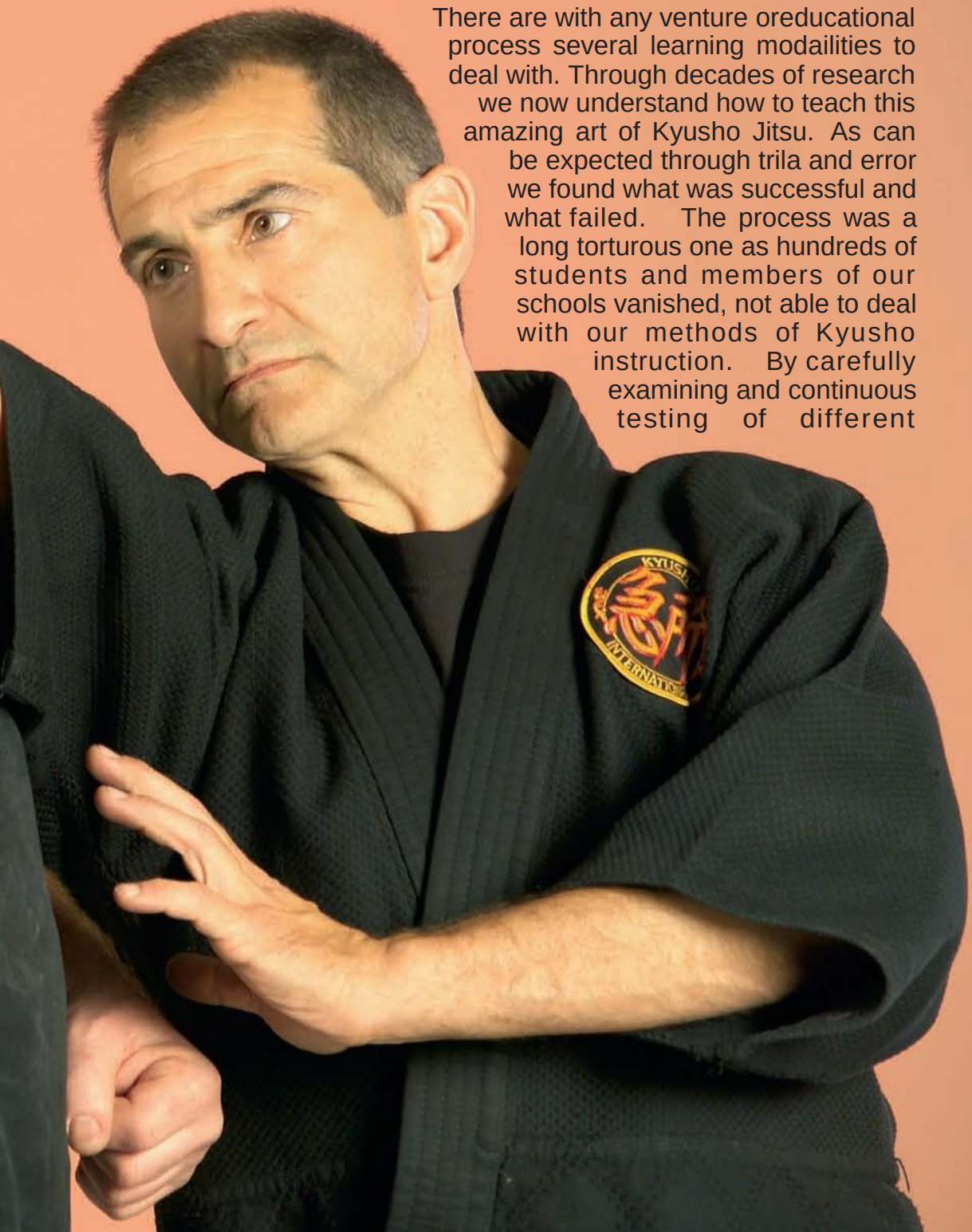
Chapter 9

Kyusho-Jitsu

LEARNING MODALITY

There are with any venture oreducational process several learning modailities to deal with. Through decades of research we now understand how to teach this amazing art of Kyusho Jitsu. As can be expected through trila and error we found what was successful and what failed. The process was a long torturous one as hundreds of students and members of our schools vanished, not able to deal with our methods of Kyusho instruction. By carefully examining and continuous testing of different



instructional models we have compiled the best vein of study. First a recap on our methods and models before we expand on the most successful of these learning modes.

Two decades ago Skilled Kyusho Instructors were few and far between… leaving the most ardent and perservering individuals the ability to piece together they small bits of information available. Constant travel was absolutely necessary and the only way to actually obtain the information. Travelling from seminar to seminar hoping to gain a better understanding or clarity on already know material. There were no guarantees that even if you flew thousands of miles at great ex[pense that ypou would also gleen new or clearer information. Often times you rehashed the same information time and time again… but curiously never thinking you did not get worth from the venue.

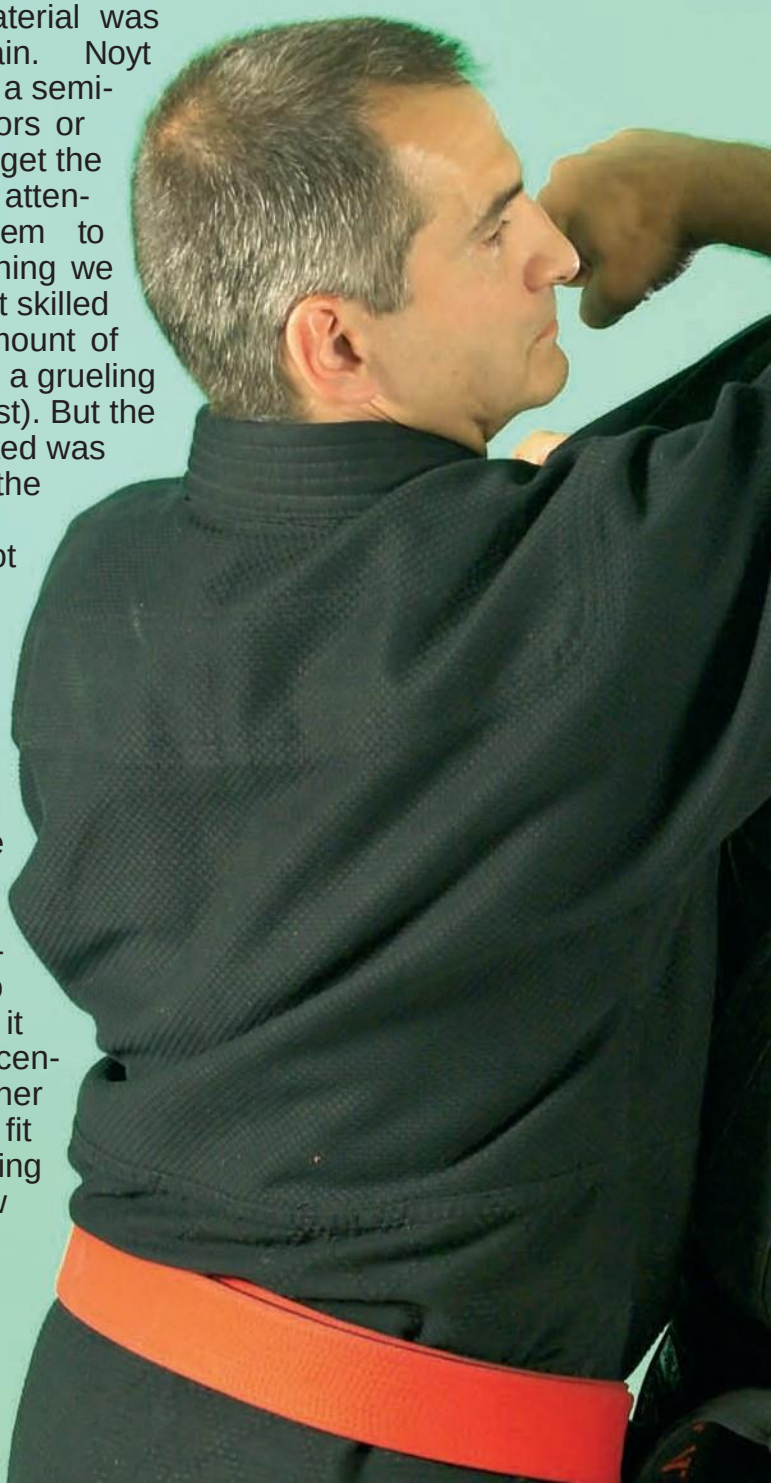
Many of us found a way around this dilemma by sharing information before and after the seminar. Talking on breaks,at dinners after or even waiting for the sessions to begin. We all came armed with something we had come up with since the last seminar and became perpetual guinea pigs for each others experimentations. We tested our skills on each other, seeing if it was viable or possible on a variety of people from differing size, age, shape, cultural ethneticities and martial backgrounds. And although very painfull and debilitating, again well worth the hardships of these learning experiences.

Our open attitude and sharing with each other prospered so well that the instructors began to watch, learn form and even imitate the ideas of the students. With this (as any) open communication, so much was learned, also because there was no sense of ego or I am the instructor we do it my way mentality.

What then happened as each went back to their own clubs, schools or Martial Arts Businesses was disheartening to say the least as many of our Instructors, Fellow practioners or our own students, did not share our thrist for this knowledge. Those that did initially over time could not deal with the levels of pain, the fear of dysfunction or unconsciousness or the area of the unknown. This got us kicked out of our styles or teachers schools, lost us training partners and most of our students. However this also worked to our benefit as only the strong of spirit maintained their relentless study and growth in the art.

So as our local ability to trained dwindled we increased the travel, seminars and sharing to keep the study going. Now the problems started to become the seminars, as stated earlier the same material was taught tme and time again. Noyt only that but if you can to a seminar the principle instructors or senior people would now get the experimentation on the attendees, really drilling them to learn. (PS in the beginning we were not light handed, not skilled enough with the right amount of force or finesse, so it was a grueling experience to say the least). But the difficulty that now presented was that people coming to the seminars dwindled.

Early on as we did not fully understand the true functionality or reasons this art worked, we relied on outside paradigms to possibly explain it. Working with Acupuncture and Traditional Chinese Medical (TCM) research as we thought that since they shared the same targets we must be able to describe or understand it better. So we adopted centuries of jargon from another culture that we molded to fit our needs. If something worked outside the know TCM Model, we would search for yet another



model to maybe gicve justification or credence to it. Now with this came a vast amount of confusion with various possible explainations and instructional models. Each person now became more individualized and the open sharing of just target aqquisition and cause and effect type training gave way to heavy conversation. Each session seemed to get more and more convoluted.

Obviously we were doing this wrong. Why else would such and incredible body of knowledge not be attracting more people?

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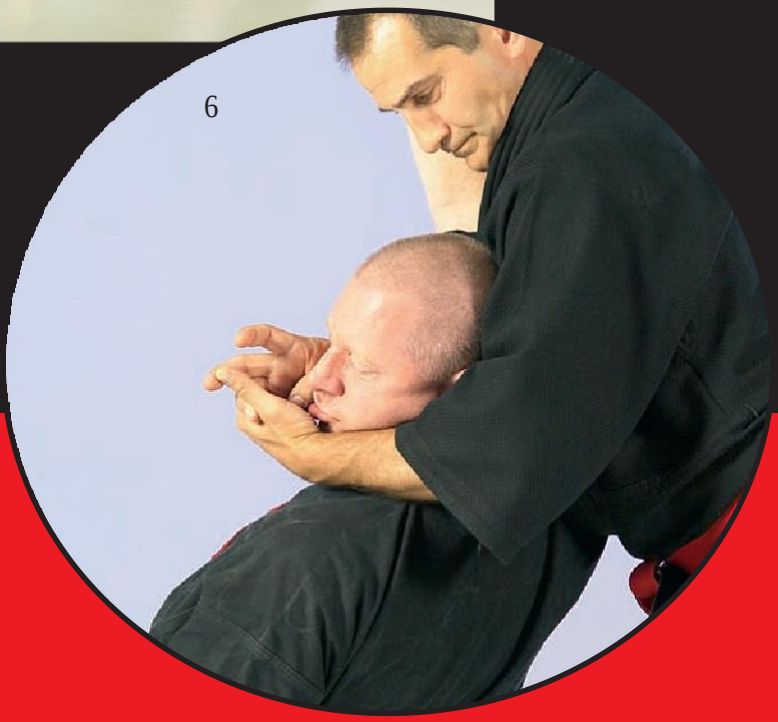

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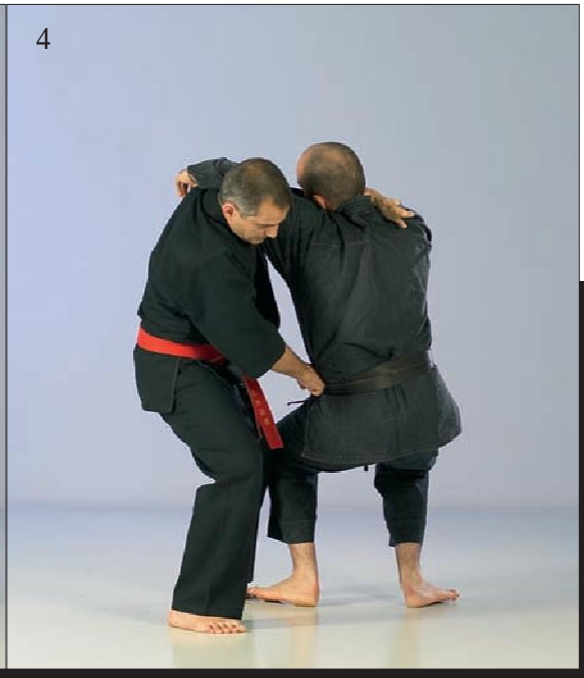
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Kyusho-Jitsu

Evan Pantazi

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